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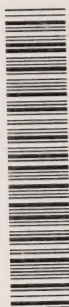
**Canadian**

# FISH

## COOK BOOK

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# *Canadian* **FISH** **COOK BOOK**

A handbook on how to buy,  
prepare, and serve all kinds of  
Canadian fish and shellfish  
at every season of the year.

**Department of Fisheries  
and Forestry  
Ottawa — Canada**

**PRICE: \$1.50**

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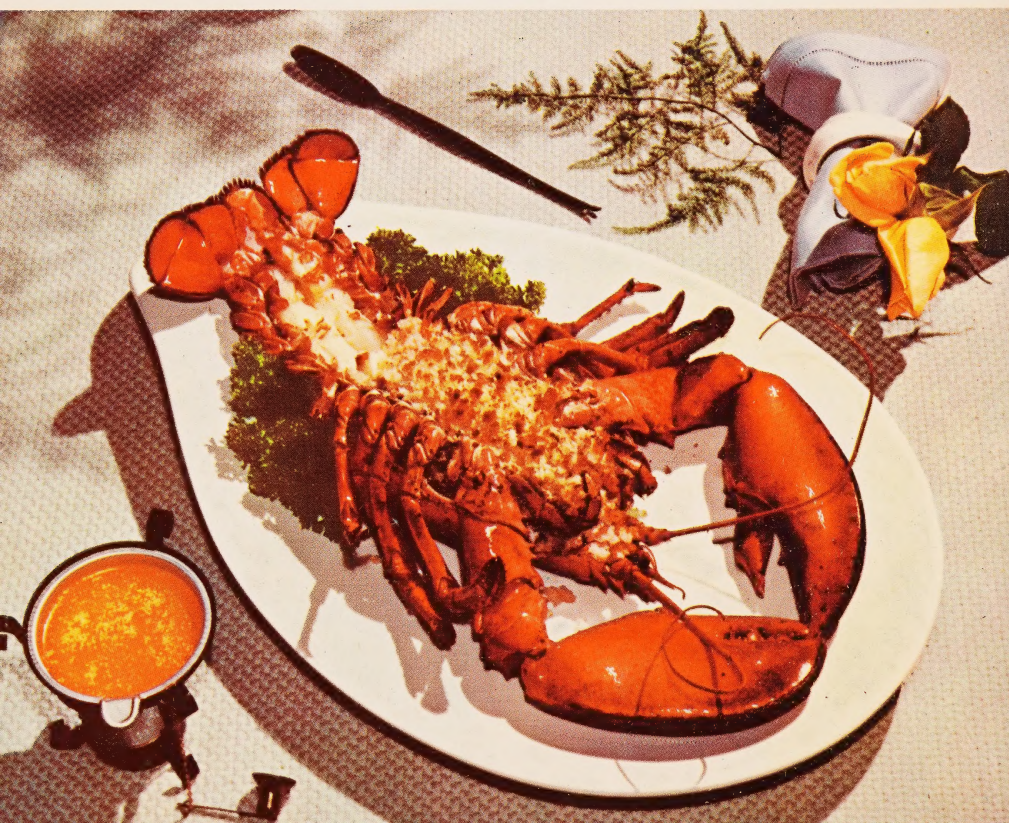
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## *Fish as Food*

Fish is one of the most delicious and important protein foods. Canada's Food Rules, our guide to meal planning, mention fish as one of the main foods providing good quality protein necessary for building and maintaining sound bodies. Fish protein is easily digested and may be included in special diets for older people, invalids and young children.

The amount of fat varies greatly with the different kinds of fish. Lean fish, poached or baked without added fat, is popular for low calorie meals. Like the protein, the fat is easily digested. Included among the lean fish are cod, haddock, sole, ocean perch, freshwater perch, pike, pickerel, smelt and all shellfish. Halibut and whitefish are classed as average in fat, whereas those high in fat are Alaska black cod, eels, herring, mackerel, salmon, sardines, shad, lake trout, tuna and turbot.

Besides protein and fat, fish supplies some vitamins and minerals. Fatty fish has a little vitamin A and is rich in vitamin D. Lean fish does not contain vitamin A or D in the flesh. Fish, like meat, is a good source of niacin and provides useful amounts of riboflavin as well.

Fish contains iodine and is generally a good source of fluorine and phosphorus. Some calcium is added to our food when the softened bones of canned fish are used. Because the iron content of fish is low, iron must be supplied by other foods, such as leafy green vegetables.





## *How to Buy*

Buy frozen, smoked, canned and cured fish all year around.

Buy fresh fish when it is in season. This is the time when the quality of each variety is usually best.

### **Whole or Dressed Fish** — Look for:

- fresh characteristic odour or no odour
- bright full clear eyes
- bright red gills
- bright characteristic sheen on scales
- tightly adhering scales
- firm or rigid body
- firm elastic flesh that does not separate easily from the bones or retain imprint of fingers when handled

### **Fillets and Steaks** — Look for:

- fresh characteristic odour or no odour
- firm elastic flesh that does not retain imprint of fingers when handled
- fresh cut appearance — no trace of browning or drying out of the flesh

### **Frozen Fish** — Look for:

- solidly frozen packages
- wrapping material that is moisture-vapour-proof
- tightly wrapped packages with little or no air space between fish and package
- firm glossy flesh with no evidence of drying out
- no discolouration or fading of flesh
- no parched white areas indicating freezer burn
- absence of frost and ice crystals when package is opened
- unwrapped fish covered with a glaze of ice or with an impermeable covering to prevent dehydration.

### **Shellfish**

- Live lobsters and crabs, look for — liveliness and vigour  
— movement of legs
- Live oysters and clams, look for — tightly closed shells  
— regular shaped shells

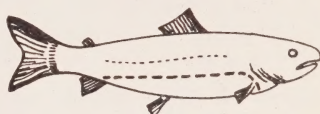
### **How Much to Buy**

1. Whole or Round — just as taken from the water
  2. Dressed or Drawn — viscera removed
  3. Pan Dressed — scaled, eviscerated and usually with head, tail and fins removed
- } 1 pound gives 1 serving
- } 1 pound gives 2 servings

- |               |  |                                    |
|---------------|--|------------------------------------|
| 4. Steaks     | — cross section slices   | } 1 pound gives<br>2 or 3 servings |
| 5. Fillets    | — meaty sides of fish  |                                    |
| Fish sticks   | — pieces of fish cut into portions about 1 inch wide, 3 inches long and 1/2 inch thick, which have been dipped in batter and breaded and may be cooked or uncooked | } 1 pound gives<br>3 or 4 servings |
| Fish portions | — rectangular pieces of fish which have been dipped in batter and breaded and may be cooked or uncooked  |                                    |
|               |  | } 1 pound gives<br>3 or 4 servings |



1. WHOLE OR ROUND



2. DRESSED OR DRAWN



3. PAN DRESSED



4. STEAKS



5. FILLETS

## *How to Store Fish in the Home*

### **Fresh Whole Fish**

Wash in cold water and dry.

Wrap in waxed paper.

Store in refrigerator.

Use as soon as possible.

### **Fresh Fillets or Steaks**

Wipe with damp cloth.

Wrap in waxed paper or place in clean covered container.

Store in refrigerator.

Use as soon as possible.



## Frozen Fish

Store in freezing compartment of refrigerator or in freezer.  
Keep solidly frozen until ready to use.  
Store in original package or freezer wrapping.  
Never refreeze fish which has been thawed.  
Use as soon as possible. (See Page 92).

## Canned and Dried Fish

Store in a cool, dry place away from steam pipes and radiators.

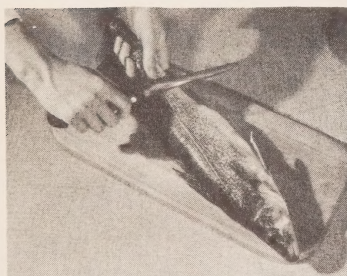
## Smoked Fish

If frozen when purchased, store as frozen fish.  
If not frozen when purchased, store as fresh fillets.

# *How to Prepare Fish for Cooking*

## How to Scale

With one hand hold the tail firmly. With the other hand loosen scales with a dull knife or scaler held at 45° angle and pushed against the skin from the tail toward the head. This is best done under running water so that the scales do not scatter.



HOW TO SCALE



HOW TO REMOVE FINS

## How to Clean

1. Using a thin sharp knife or kitchen shears, slit skin from vent to gills. Remove viscera. Wash in running water and brush to remove any remaining blood and viscera.
2. Remove head by cutting across base of gills. Snap the backbone by bending it over edge of cutting board or table.
3. Remove fins by cutting the flesh along both sides of the fins. This may be done with a knife or kitchen shears. Pull fin quickly towards head to remove root bones.

### How to Fillet a Dressed Fish

1. Cut through flesh along the centre of the back from the tail to behind the head. Then cut across just below the head.
2. Turn knife flat and starting at the head, cut flesh to the tail, easing the knife over the rib bones. Remove the fillet.
3. Turn fish over and repeat the operation.

### How to Skin a Fillet

1. Place the fillet skin side down on the cutting board.  
Hold the tail end firmly with one hand and cut skin from the flesh with quick short strokes. Point knife blade towards the skin so that no flesh is wasted.



HOW TO FILLET



HOW TO SKIN A FILLET

### How to Bone

1. Continue slit from vent to tail. Cut across from the slit to the back.
2. Holding the tail with one hand, insert the sharp edge of the knife flatly between the tail and the backbone. Press the knife towards the head, cutting the flesh from the ribs and backbone.
3. Turn the fish over and repeat the operation on the other side.
4. Loosen the bone from the tail and lift out bones, removing any flesh adhering to them. Add flesh to any thin spots of the whole fish.
5. Cut off tail.



HOW TO BONE



The flesh of fish contains little connective tissue and does not require a long cooking period. Do not thaw frozen fish before cooking except when necessary for ease in handling.

You will know your fish is cooked when:

1. The flesh loses its translucent appearance and becomes opaque
2. The flesh flakes readily
3. The flesh is easily pierced with a fork

Serve fish immediately, while it is still piping hot, tender and juicy.

Do not overcook. Overcooking dries and toughens fish.

Fish may be cooked — in the Oven  
in the Frying Pan  
in Deep Fat  
in Water or Milk

Remember that any fish can be cooked by any method. In this book you will note that some recipes call for a certain variety of fish. You may substitute other varieties of fish and still obtain good results.



# *How to Bake a Whole Fish*

## **1. Prepare a whole fish**

To prepare fish, see page 7. Sprinkle salt on the inside of the fish. Stuff it loosely with dressing and truss with string. Place the fish on a greased pan and brush with melted fat or oil. Measure the thickness of the stuffed fish at the thickest part.

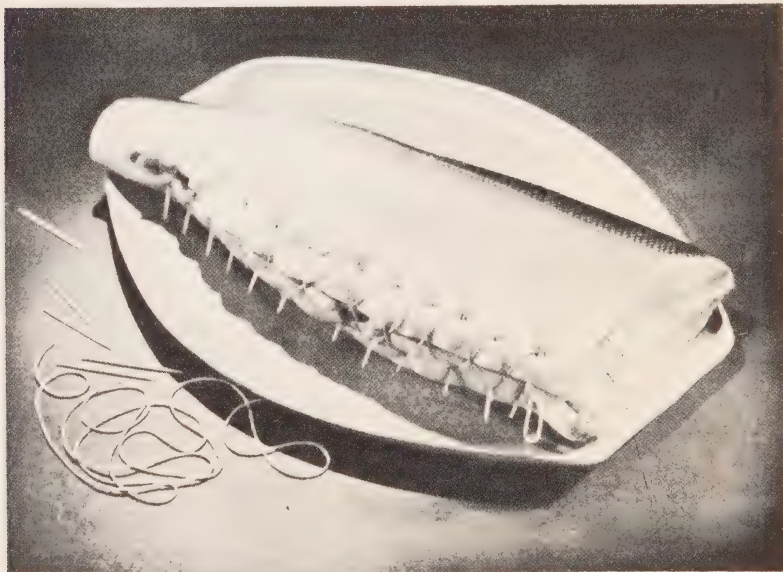
## **2. Use hot oven (450°F.) and bake until done.**

Allow 10 minutes cooking time for each inch of the stuffed thickness. Fish is cooked when easily pierced by a fork at the thickest part. Twist fork and remove a bit of the flesh. When fish is done, the flesh becomes opaque and flakes easily.

### **Baked Stuffed Fish**

Clean the fish by removing the viscera, scales and fins. The head and tail may be left on if desired. Wash and dry the fish. Sprinkle it on the inside with salt. Stuff it loosely with the stuffing of your choice, allowing about  $\frac{3}{4}$  cup for each pound of dressed fish (if the backbone is removed, allow about 1 cup for each pound of dressed fish). Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes; or sew the opening with a large needle and coarse thread.

Place the stuffed fish on a greased baking pan and brush with melted fat or oil. Measure the stuffed fish at the thickest part. Bake in a hot oven (450°F.). Allow 10 minutes cooking time for each inch of stuffed thickness.







### Bread Stuffing

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| $\frac{1}{3}$ cup chopped onion   | $\frac{1}{2}$ teaspoon seasoning |
| $\frac{1}{3}$ cup diced celery    | (poultry seasoning, savoury,     |
| 3 tablespoons butter or other fat | thyme, sage, dried mint, etc.)   |
| 1 teaspoon salt                   | 3 cups soft bread crumbs         |
| $\frac{1}{8}$ teaspoon pepper     |                                  |

Cook onion and celery in fat until tender (about 5 minutes). Add cooked vegetables and seasonings to bread crumbs. Toss lightly.

*Use to stuff a 3 or 4 pound dressed fish.*

*Tomato Stuffing:* Add 1 medium tomato, chopped.

*Green Pepper Stuffing:* Add  $\frac{1}{3}$  cup diced green pepper along with, or in place of, onion and/or celery.

### Apple Bread Stuffing

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| $\frac{1}{3}$ cup chopped onion   | 1 teaspoon salt                       |
| $\frac{1}{3}$ cup diced celery    | $\frac{1}{2}$ teaspoon dried mint     |
| 3 tablespoons butter or other fat | $1\frac{1}{2}$ cups soft bread crumbs |
| $1\frac{1}{2}$ cups finely diced  |                                       |
| unpeeled apple                    |                                       |

Cook onion and celery in fat until tender (about 5 minutes). Add apple and cook 2 minutes longer. Add seasonings. Combine with bread crumbs.

*Use to stuff a 3 or 4 pound dressed fish.*

### Nut Stuffing

$\frac{1}{2}$ cup butter or other fat	3 cups coarse soft bread crumbs
$\frac{1}{4}$ cup chopped almonds	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{8}$ teaspoon pepper
$\frac{3}{4}$ cup diced celery	1 egg, slightly beaten

In large pan, heat fat. Add almonds and cook until golden. Stir in onion and celery and cook until almost tender. Remove from heat and add bread crumbs and sprinkle with salt and pepper. Stir in egg.

*Use to stuff a 3 or 4 pound dressed fish.*

### Rice and Olive Stuffing

$\frac{3}{4}$ cup chopped onion	$\frac{1}{4}$ teaspoon salt
1 cup diced celery	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup butter or other fat	$\frac{1}{4}$ teaspoon sage
1 $\frac{1}{3}$ cups cooked rice	$\frac{1}{4}$ teaspoon thyme
1 cup chopped stuffed olives	

Cook onion and celery in fat until tender (about 5 minutes). Add remaining ingredients and mix well.

*Use to stuff a 4 or 5 pound dressed fish.*

### Lemon Rice Stuffing

1 cup finely diced celery	1 tablespoon grated lemon rind
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{4}$ teaspoon thyme
$\frac{1}{2}$ cup butter or other fat	1 teaspoon salt
1 $\frac{1}{2}$ cups water	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup lemon juice	1 $\frac{1}{2}$ cups packaged precooked rice

Cook celery and onion in fat until tender (about 5 minutes). Add remaining ingredients, except rice and bring to boil. Add rice, and mix just to moisten. Cover and remove from heat. Let stand 5 minutes.

*Use to stuff a 3 or 4 pound fish.*

### Apricot Stuffing

1 cup chopped dried apricots	$\frac{1}{3}$ cup melted butter or other fat
4 cups soft bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup diced celery	$\frac{1}{8}$ teaspoon pepper

Combine fruit with bread crumbs, celery, melted fat, salt and pepper. Mix well.

*Use to stuff a 4 or 5 pound fish.*

### Seafood Stuffing

1 can (5 ounces) shrimp or oysters	2 cups soft bread crumbs
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup chopped onion	Few grains pepper
$\frac{1}{4}$ cup butter or other fat	

Drain shrimp or oysters. Cook celery and onion in fat until tender (about 5 minutes). Add shellfish, then panfry about 2 minutes until

heated through. Add mixture to bread crumbs and season. Mix well.  
*Use to stuff a 2 or 3 pound fish.*



### Aspic Glaze

½ pound white-fleshed fish  
1 small onion, sliced  
1 stalk celery  
1 sprig parsley  
2½ cups water

1 teaspoon salt  
Few grains pepper  
4 teaspoons lemon juice  
1 tablespoon gelatin  
½ cup cold water

Simmer fish, onion, celery, parsley and 2½ cups water for 25 minutes. Strain and measure 1½ cups of stock. Add salt, pepper and lemon juice and bring to the boil. Soften gelatin in ½ cup cold water and stir into boiling stock. Cool. When aspic begins to set, spoon over a whole cooked fish to glaze.

*Makes enough to glaze a 5 to 7 pound fish.*

### Mayonnaise Glaze

1 tablespoon gelatin  
¼ cup cold water

1 cup mayonnaise  
2 teaspoons lemon juice

Soak gelatin in cold water and dissolve over hot water. Combine with mayonnaise and lemon juice. Spread the mixture smoothly over a whole cooked fish.

*Makes enough to glaze a 5 to 7 pound fish.*



## How to Bake Fillets and Steaks

Baking is a suitable method for fish steaks and fillets, both fresh and frozen.

### 1. Prepare fillets

Wipe fillets with a damp cloth. Measure the thickness of the fish fillets or steaks at the thickest part. Cut fresh or frozen fillets into portions of about one-third of a pound to each serving, or leave fillets in the whole piece. Soak in salted milk for three minutes (one teaspoon of salt to one-half cup of milk) and then roll in  $\frac{1}{2}$  cup fine dry bread crumbs.

### 2. Use very hot oven (450°F. to 500°F.)

Place breaded fish in greased baking dish. Dot fish with fat. Place in very hot oven (450°F. to 500°F.).

### 3. Bake just until done

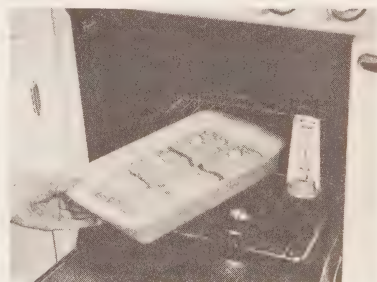
For fresh fish, allow 10 minutes per inch thickness. For frozen fish, allow about 20 minutes per inch thickness. When fillets are baked under a blanket of sauce, allow 5 additional minutes for each inch of thickness. Do not overcook.

### 4. Serve immediately

Fish is cooked when it becomes opaque, when it flakes readily and when the fillets are easily pierced by a fork.



PREPARE FILLETS



USE HOT OVEN

### Baked Fish Fillets

2 pounds fish fillets

$\frac{1}{2}$  cup milk

1 teaspoon salt

$\frac{1}{2}$  cup fine dry bread crumbs

2 tablespoons butter or other fat

Cut fillets into individual portions and soak three minutes in milk to which the salt has been added. Drain and roll in bread crumbs. Place fish on greased baking dish and dot with fat. Bake as above.

*Makes 6 servings.*

## Filets Piquants

2 pounds fish fillets	1 tablespoon Worcestershire sauce
$\frac{1}{2}$ cup fine dry bread crumbs	1 teaspoon prepared mustard
$\frac{1}{2}$ cup melted butter or other fat	1 teaspoon salt
1 tablespoon vinegar	$\frac{1}{8}$ teaspoon pepper
1 tablespoon lemon juice	Paprika

The fillets may be cut in serving-size pieces or left whole. Sprinkle half the crumbs on bottom of greased baking dish. Place fillets on bread crumbs and sprinkle with remaining crumbs. Mix together melted fat, vinegar, lemon juice, Worcestershire sauce, mustard, salt and pepper. Pour sauce over fish and bake. Garnish with paprika.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

## Nutty Fish

2 pounds fish fillets	2 tablespoons blanched almonds,
$\frac{1}{2}$ teaspoon salt	halved
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{4}$ cup melted butter or other fat
	2 tablespoons lemon juice

Place fillets in greased baking dish and season with salt and pepper. Garnish with nut meats. Combine fat and lemon juice, pour over fish and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

## Fillets with Easy Topping

2 pounds fish fillets	$\frac{1}{3}$ cup softened butter or
3 tablespoons flour	margarine
$\frac{1}{2}$ teaspoon salt	1 tablespoon Worcestershire sauce
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{4}$ cup finely chopped pickle

Place fish in greased baking pan. Blend flour, salt and pepper into the softened fat. Add the Worcestershire sauce and blend. Stir in pickle. Spread over fish and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

## Fillets with Orange Butter Sauce

2 pounds fish fillets	Grated rind of 1 orange
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup orange juice
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{4}$ cup melted butter

Place fish in greased baking dish. Sprinkle with salt and pepper. Grate rind of orange and then squeeze juice from orange. Mix juice with melted butter, and pour sauce over fish. Sprinkle fish with orange rind and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*



### Fillets with Lemon Butter Sauce

2 pounds fish fillets	$\frac{1}{4}$ cup melted butter
2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
2 tablespoons finely chopped parsley	$\frac{1}{8}$ teaspoon pepper

Arrange fillets in a greased baking pan. Combine remaining ingredients and pour over fillets. Bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

### Fillets with Cocktail Sauce

2 pounds fish fillets	2 tablespoons catsup
$\frac{1}{2}$ teaspoon salt	3 tablespoons chili sauce
$\frac{1}{8}$ teaspoon pepper	2 tablespoons butter or margarine
2 tablespoons prepared horseradish	

Place fish fillets in greased baking dish and season. Combine horseradish, catsup and chili sauce and spread over fillets. Dot with fat and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

### Fillets in Barbecue Sauce

2 pounds fish fillets	$\frac{1}{4}$ cup vinegar
2 tablespoons chopped onion	2 tablespoons brown sugar
1 tablespoon butter or other fat	1 tablespoon Worcestershire sauce
$\frac{3}{4}$ cup catsup	$\frac{1}{2}$ teaspoon salt

Place fish in greased baking pan. In a saucepan, cook onion in fat until tender. Add remaining ingredients and simmer for 5 minutes. Pour over fish and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*



### Baked Fish in Catsup Sauce

2 pounds fish fillets	1 bouillon cube dissolved in
1 cup chopped onion	$\frac{3}{4}$ cup hot water
2 tablespoons butter or other fat	$\frac{1}{2}$ cup catsup
1 tablespoon flour	$\frac{3}{4}$ cup sliced dill pickles

Place fish in a greased baking dish. In saucepan, cook onion in fat until tender. Stir in flour. Gradually add bouillon mixture and catsup. Cook and stir until blended. Simmer uncovered 10 minutes. Add dill pickles, pour sauce over fish and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*

### Cheese Coated Fish Fillets

2 pounds fish fillets	$\frac{1}{2}$ cup finely grated
$\frac{1}{2}$ cup milk	Cheddar cheese
1 teaspoon salt	2 tablespoons butter or other fat
$\frac{1}{4}$ cup fine dry bread crumbs	

Cut fillets into serving-size portions. Soak three minutes in milk to which salt has been added. Combine crumbs and cheese. Drain fillets and roll in crumb-cheese mixture. Place in greased baking dish. Dot with fat and bake.

See "How to Bake Fillets", page 14.

*Variation:* Cheese cracker or Graham cracker crumbs may be used instead of bread crumbs and cheese.

*Makes 6 servings.*

### Curried Fillets

2 pounds fish fillets	1 teaspoon salt
1 cup chopped onion	$\frac{1}{8}$ teaspoon pepper
1 cup diced celery	1 teaspoon curry powder
$\frac{1}{4}$ cup butter or other fat	1 cup milk
3 tablespoons flour	

Place fish in greased baking pan. In a saucepan, cook onion and celery in fat until tender (about 5 minutes). Stir in flour, salt, pepper and curry powder. Add milk gradually. Cook and stir over low heat until thickened. Pour sauce over fish and bake.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*





### Fillet Rolls with Savoury Dressing

2 pounds thin fillets  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper

$\frac{1}{4}$  cup melted butter or other fat  
 2 tablespoons lemon juice

#### *Savoury Dressing:*

2 tablespoons chopped onion  
 $\frac{1}{4}$  cup diced celery  
 3 tablespoons melted butter or  
 other fat

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon thyme or sage  
 1 tablespoon lemon juice  
 2 cups soft bread crumbs

Skin fillets if necessary and slice to make strips about 6 inches by 2 inches. Season fillets on both sides. Place a small ball of stuffing on each at the wide end and roll fillet around it. Secure rolls with tooth-picks. Place in greased baking dish and pour over combined melted fat and 2 tablespoons of lemon juice. Bake fish.

See "How to Bake Fillets", page 14.

*Savoury Dressing:* Cook onion and celery in melted fat until tender. Add remaining ingredients and mix well.

*Makes 6 servings.*

### Baked Fillets with Cream

2 pounds fish fillets  
 $\frac{3}{4}$  cup chopped onion  
 2 tablespoons butter or other fat  
 1 tablespoon flour  
 1 teaspoon salt

$\frac{1}{8}$  teaspoon pepper  
 1 teaspoon grated lemon rind  
 1 cup table cream  
 Paprika

Cut fillets into serving-size pieces and place in greased baking dish. In a saucepan cook onion in fat until tender. Blend in flour, salt, pepper and lemon rind. Stir in cream slowly. Heat sauce to simmering temperature and pour over fish. Sprinkle top with paprika. Bake in moderate oven (350°F.) for 30 minutes or until fish is cooked.

*Makes 6 servings.*

### **Fillets with Marguery Sauce**

2 pounds fish fillets	3 tablespoons melted butter or other fat
$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ lemon, sliced
$\frac{1}{2}$ cup white wine	

Place fish in greased baking dish, season with salt and pepper. Mix wine, melted fat and lemon juice and pour over fish. Place sliced lemon on top of fillets and bake.

See "How to Bake Fillets", page 14.

Remove fish from pan to heated platter. Use hot wine liquid to make Marguery Sauce.

#### **Marguery Sauce**

1 tablespoon flour	3 tablespoons cream
1 tablespoon butter or other fat	1 teaspoon sugar
Hot wine liquid	Chopped parsley
1 egg yolk	

In top of double boiler, blend flour and fat; add hot wine liquid gradually and cook and stir over boiling water until thickened. Add egg yolk beaten with cream and sugar and cook 1 minute longer. Pour over baked fillets. Garnish with chopped parsley.

*Makes 6 servings.*

### **Rolled Fillet of Sole with Dill Pickles**

1 pound sole fillets	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ teaspoon salt	1 cup milk
Few grains pepper	$\frac{1}{2}$ teaspoon salt
1 large dill pickle	$\frac{1}{2}$ teaspoon thyme
$\frac{1}{4}$ cup butter or other fat	1 cup grated Cheddar cheese

Sprinkle each fillet with salt and pepper. Cut pickle lengthwise into as many strips as there are fillets. Place one strip on each fillet. Roll up like a jelly roll. Place close together in shallow greased baking dish. Make cheese sauce as follows: melt fat, blend in flour, gradually add milk. Cook and stir over low heat until thickened. Season with salt and thyme. Add cheese and stir until melted. Pour sauce over fish rolls. Bake in hot oven (400°F.) for 20 minutes.

*Makes 4 servings.*

### **Sole Fillets with Banana Topping**

2 pounds sole fillets	2 tablespoons fine dry bread crumbs
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter or other fat, melted
3 medium bananas	
2 tablespoons lemon juice	

Place fillets in greased baking dish and sprinkle with salt. Mash bananas with lemon juice and spread evenly over fillets. Sprinkle with bread crumbs and drizzle melted fat over topping. Bake fish.

See "How to Bake Fillets", page 14.

*Makes 6 servings.*





### Halibut Steaks with Tomato Stuffing

2 halibut steaks (about 1 pound  
each,  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick)

Salt

$\frac{1}{4}$  cup chopped onion

$\frac{1}{4}$  cup diced celery

$\frac{1}{4}$  cup butter or other fat

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon seasoning (savory,  
thyme, tarragon, sage, mint,  
poultry seasoning, etc.)

2 cups soft bread crumbs

1 tomato, chopped

Melted butter

Sprinkle steaks with salt. Cook onion and celery in fat until tender, (about 5 minutes). Add salt and seasoning. Toss lightly with bread crumbs and add tomato. Place one steak in greased baking dish, heap stuffing mixture on it and cover with other steak. Brush with melted butter. Measure total thickness of steaks and stuffing.

See "How to Bake Fillets", page 14.

*Makes 4 to 6 servings.*

### Baked Halibut Royale

2 pounds halibut steaks

1 teaspoon salt

$\frac{1}{2}$  teaspoon paprika

Few grains cayenne

Juice of 1 lemon

$\frac{1}{2}$  cup chopped onion

2 tablespoons butter or other fat

Green pepper strips for garnish

Have halibut steaks cut 1 inch thick and place in shallow dish. Combine salt, paprika and cayenne with lemon juice and pour over steaks. Marinate in refrigerator for 1 hour, turning steaks over at half time so seasonings penetrate both sides. Cook onion in fat until tender. Place marinated steaks in shallow greased baking dish and spread with onion. Top with green pepper strips and pour fat from frying pan over all. Bake fish.

See "How to Bake Fillets", page 14.

*Makes 4 to 6 servings.*

### Halibut Country Style

2 pounds halibut steaks

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon pepper

$\frac{1}{2}$  cup finely chopped green onions  
and their tops

$\frac{1}{2}$  pint dairy sour cream

Have halibut steaks cut 1 inch thick. Season with salt and pepper and place in shallow greased baking dish. Cover with finely chopped green onions and tops. Spread with sour cream. Bake uncovered in moderate oven (350°F.) for 30 minutes.

*Makes 4 to 6 servings.*

### Halibut with Apricot Sauce

2 pounds halibut steaks

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon pepper

$\frac{1}{4}$  cup butter or other fat

$\frac{1}{4}$  cup apricot syrup (from  
sweetened canned apricots)

2 tablespoons lemon juice

6 apricot halves

Have halibut steaks cut 1 inch thick and place in greased baking dish. Season with salt and pepper, and bake fish. See "How to Bake Fillets", page 14. In saucepan, melt fat, add apricot syrup and simmer 10 minutes until syrup is thickened. Add lemon juice and apricot halves and simmer two or three minutes until apricots are hot. Place fish on heated platter, arrange apricot halves on top and pour sauce over all.

See "How to Bake Fillets", page 14.

*Makes 4 to 6 servings.*



## *How to Oven Steam*



The flavour and juices are sealed in by aluminum foil and the fish steams in its own liquid.

### **Oven steam in hot oven (450°F.)**

Wipe fish with a damp cloth. Season fish with salt and pepper. Measure thickness of fish. Wrap fish tightly in an envelope of greased aluminum foil. Make double folds in foil and pinch folds to make steam tight. Place package on baking sheet and bake in hot oven (450°F.). Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness for frozen fish, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

Fish may be served plain or with a sauce, see pages 64 to 68.

Or fish may be used in casseroles, see pages 69 to 72.

Or fish may be cooled and used in salads, see pages 80 to 87.

### **Oven Steamed Fish**

2 pounds fish fillets

$\frac{1}{8}$  teaspoon pepper

$\frac{1}{2}$  teaspoon salt

Sprinkle fillets with salt and pepper. Measure thickness of fish. Wrap fish tightly in an envelope of greased aluminum foil. Make double folds in foil and pinch folds to make steam tight. Place on shallow pan or cookie sheet and bake as above.

*Makes 6 servings.*



## How to Broil

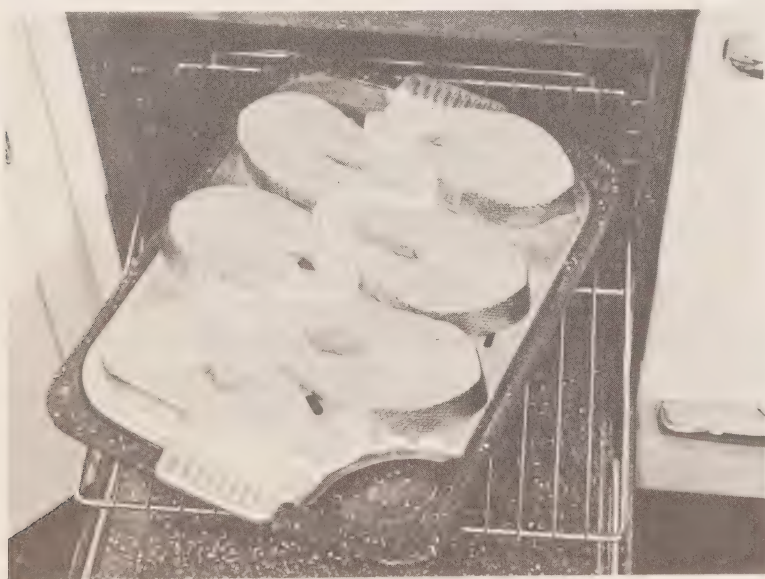
Broiling is one of the easiest and best methods of cooking fresh or frozen fish steaks, fillets or small whole fish.

### 1. Two to four inches from heating unit

Wipe fish with a damp cloth. Place fish on greased broiler pan. Brush fish with melted fat and place 2 to 4 inches from heating unit. If fish is frozen place lower in oven to prevent overcooking surface before interior is cooked. Leave oven door ajar unless manufacturer's directions state otherwise.

### 2. Season cooked side and turn

When fish is browned on one side, season and turn. Brush with melted fat and complete cooking and seasoning. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. Cuts of fish  $\frac{3}{4}$  to 1 inch thick have less tendency to dry out during broiling than thin cuts. Thin cuts of fish may be broiled without turning.



### Broiled Fish

2 pounds fish fillets or steaks

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup butter or other fat, melted

$\frac{1}{8}$  teaspoon pepper

Have steaks cut 1 inch thick. Cut fillets into serving-size portions and place on greased broiler pan. Brush with half the melted fat and broil as above.

*Makes 6 servings.*

### Broiled Fillets in Sauce

2 pounds fish fillets	1 teaspoon Worcestershire sauce
1 teaspoon salt	$\frac{1}{3}$ cup salad oil
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{4}$ cup lemon juice
1 teaspoon paprika	1 medium onion, thinly sliced

Cut fillets into serving-size portions and place in shallow pan. Combine salt, pepper, paprika, Worcestershire sauce and blend in oil and lemon juice. Pour this mixture over fish and let stand one hour, turning once. Arrange onion slices on fillets and brush with sauce. Broil.

See "How to Broil", page 23.

*Makes 6 servings.*

### Broiled Swordfish Steaks

2 pounds swordfish steaks	$\frac{1}{8}$ teaspoon paprika
1 teaspoon salt	6 tablespoons butter or other fat
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{8}$ cup chopped, stuffed olives

Have steaks cut 1 inch thick. Blend salt, pepper and paprika. Rub steaks on both sides with this mixture. Spread steaks with 2 tablespoons fat. Place fish on greased broiler pan. Broil. See "How to Broil", page 23. When turning fish, spread 2 tablespoons fat on uncooked side. In small pan, melt remaining 2 tablespoons fat and add chopped olives. Serve olive sauce with cooked fish.

*Makes 6 servings.*

### Spicy Broiled Salmon Steaks

2 pounds salmon steaks	$\frac{1}{2}$ teaspoon salt
3 tablespoons lemon juice	$\frac{1}{8}$ teaspoon pepper
1 teaspoon grated lemon rind	$\frac{1}{4}$ teaspoon dried marjoram
$\frac{1}{4}$ cup salad oil	1 tablespoon finely chopped onion

Have steaks cut one inch thick and place in greased broiler pan. Combine other ingredients and pour over salmon. Marinate steaks 15 to 20 minutes, turning once. Broil.

See "How to Broil", page 23.

*Makes 4 to 6 servings.*



### Broiled Fresh Herring

2 pounds fresh herring                      ½ teaspoon salt  
¼ cup butter or other fat, melted        ⅛ teaspoon pepper

Remove heads and tails. Clean fish. Place on greased broiler pan and brush with melted fat. Broil and season.

See "How to Broil", page 23.

*Makes 4 to 6 servings.*

### Halibut Hawaiian Style

2 pounds halibut steaks                      ¼ teaspoon pepper  
¼ cup butter or other fat, melted        Canned pineapple rings  
½ teaspoon salt

Have steaks cut one inch thick and place steaks on greased broiler pan. Brush with melted fat and broil. See "How to Broil", page 23. Three minutes before steaks are done, season and top each steak with pineapple ring. Brush with melted fat. Broil three minutes longer until steaks and pineapple are golden brown.

*Makes 4 to 6 servings.*

### Broiled Smelts

2 pounds smelts                                ½ teaspoon salt  
¼ cup melted butter or other fat        ¼ teaspoon nutmeg  
4 teaspoons lemon juice

Remove heads, tails and backbones of smelts. Place skin side down on a greased broiling pan. Combine remaining ingredients and use to baste smelts. Broil 3 to 4 inches from heat for 4 to 5 minutes. Do not turn.

*Makes 4 servings.*

### Broiled Blue Pickerel or Perch

2 pounds blue pickerel or perch fillets    2 tablespoons melted butter or  
½ teaspoon salt                                other fat

Place fillets, skin side down on greased broiler rack. Sprinkle flesh side with salt, then brush with melted butter. Place broiler rack 2 to 3 inches from broiling unit and broil approximately 5 minutes.

*Makes 6 servings.*

### Pickerel Broiled with Mint

2 pounds pickerel fillets                      2 tablespoons chopped fresh mint  
¼ cup melted butter or salad oil        Extra sprigs of mint  
¼ cup lemon juice

Season fish with salt and pepper. Mix melted butter or oil, lemon juice and chopped mint. Brush fish with marinade and broil about 5 inches from the heat for 5 minutes. Turn, brush again with marinade and broil 5 minutes longer or until cooked. Serve decorated with extra sprigs of mint.

*Makes 6 servings.*

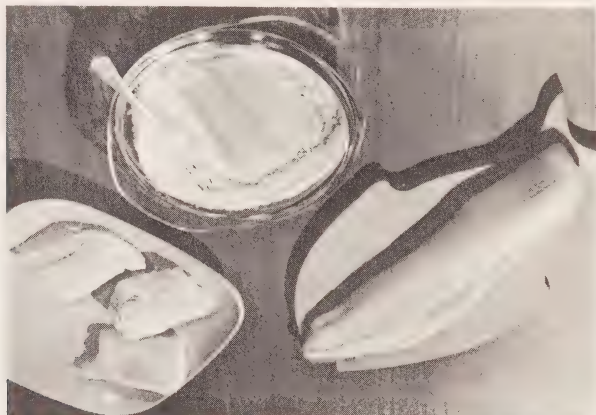


## *How to Panfry*

This is a popular method for cooking fish steaks, fillets and small whole fish.

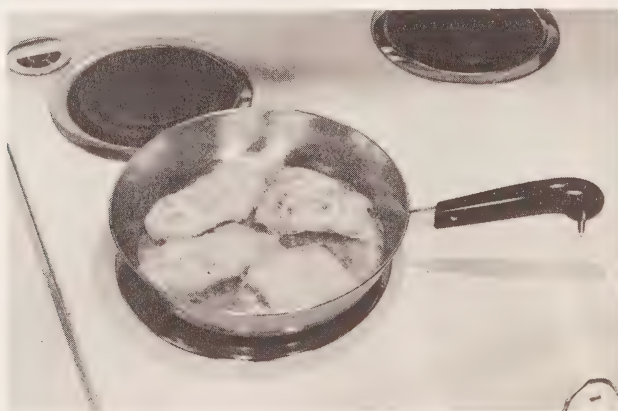
### **1. Coat with seasoned flour**

Wipe fish with a damp cloth. For easier handling, frozen fish may be partially thawed and then cooked immediately. If necessary cut fish into serving-size portions and season with salt and pepper. Dip fish in liquid (milk or egg) and then in flour or other breading mixtures.



### **2. Fry in hot fat and turn when brown**

Use about  $\frac{1}{4}$  inch fat (hot but not smoking) in frying pan. Fry quickly on one side, then turn and brown the other side. The complete cooking time will be about 10 minutes per inch thickness.



### **Panfried Fish**

2 pounds fish	$\frac{1}{2}$ cup flour
1 teaspoon salt	$\frac{3}{4}$ cup fine dry bread crumbs
$\frac{1}{2}$ cup milk	

Cut fish into serving-size pieces. Dip in salted milk and then in flour. For a crisp coating, dip in milk again and then in bread crumbs.

See "How to Panfry", page 26.

*Makes 6 servings.*

### **Fried Fillets, Amandine**

2 pounds fish fillets	$\frac{1}{4}$ to $\frac{1}{2}$ cup fat
$\frac{1}{2}$ teaspoon salt	2 tablespoons lemon juice
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup almonds, blanched and slivered
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup flour	
$\frac{3}{4}$ cup fine dry bread crumbs	

Season fillets with salt and pepper. Dip fillets in milk then in flour. Dip again in milk and then in bread crumbs. Brown fish in hot fat. See "How to Panfry", page 26. Drain fish and arrange on heated platter. Sprinkle with lemon juice. Panfry almonds in butter until golden brown. Pour sauce over fish.

*Makes 6 servings.*

### **Fried Salt Herring**

2 pounds salt herring	2 onions sliced
$\frac{1}{4}$ cup dry bread crumbs	$\frac{1}{2}$ cup cream
$\frac{1}{4}$ to $\frac{1}{2}$ cup fat	

Remove heads, then skin and fillet fish. Soak fillets overnight in cold water. Drain. Coat with bread crumbs. Melt fat in frying pan and cook onions until tender. Remove onions and fry fillets until golden brown, approximately 5 minutes on each side. Add cream and onions and simmer 1 minute. Remove fillets to hot platter and top with cream and onions.

*Makes 4 servings.*

### **Panfried Frogs' Legs**

2 pounds frogs' legs (8 to 12 pairs)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ to $\frac{1}{2}$ cup fat

Trim frogs' legs and discard feet. Soak in cold water for 2 hours. Drain. Dip in milk and coat with flour to which salt and pepper have been added. Panfry in fat until browned (about 8 minutes).

See "How to Panfry", page 26.

*Makes 6 servings.*



### Panfried Smelts or Tomcod

- |                           |  |
|---------------------------|--|
| 2 pounds smelts OR tomcod | $\frac{1}{2}$ cup flour                    |
| 1 egg, beaten             | $\frac{1}{2}$ cup fine dry bread crumbs or |
| 2 tablespoons milk        | finely crushed crackers                    |
| 1 teaspoon salt           |  |

Trim off heads and tails and clean smelts or tomcod. Wash and drain fish. Combine egg, milk and salt. Combine flour and crumbs. Dip fish in egg mixture, then roll in flour and crumb mixture. Panfry fish.

See "How to Panfry", page 26.

*Makes 4 to 6 servings.*

### Halibut Oriental

- |                                    |   |
|------------------------------------|---|
| 2 pounds halibut steaks            | 1 cup pineapple juice                   |
| Salt                               | 1 cup drained pineapple chunks          |
| $\frac{1}{4}$ cup flour            | $\frac{1}{2}$ cup green pickles, sliced |
| $\frac{1}{4}$ cup sugar            | 3 tablespoons cornstarch                |
| $\frac{1}{4}$ teaspoon garlic salt | 3 tablespoons water                     |
| $\frac{1}{4}$ cup vinegar          | 1 $\frac{1}{2}$ teaspoons soy sauce     |
| 1 cup water                        |   |

Sprinkle steaks with salt and roll in flour. Fry fish in about  $\frac{1}{4}$  inch hot fat. See "How to Panfry", page 26. Meanwhile, prepare the sauce. Combine sugar, garlic salt, vinegar, water, pineapple juice, pineapple chunks and sliced pickles. Simmer for 10 minutes. Combine cornstarch, water and soy sauce. Add gradually to hot mixture and cook and stir until sauce thickens. Serve over fish.

*Makes 4 to 6 servings.*



## *How to Fry in Deep Fat*

Fillets, smelts, fish cakes and shellfish are good when fried in deep hot fat. If frozen fish is used, it is better to partially thaw it for even cooking throughout.



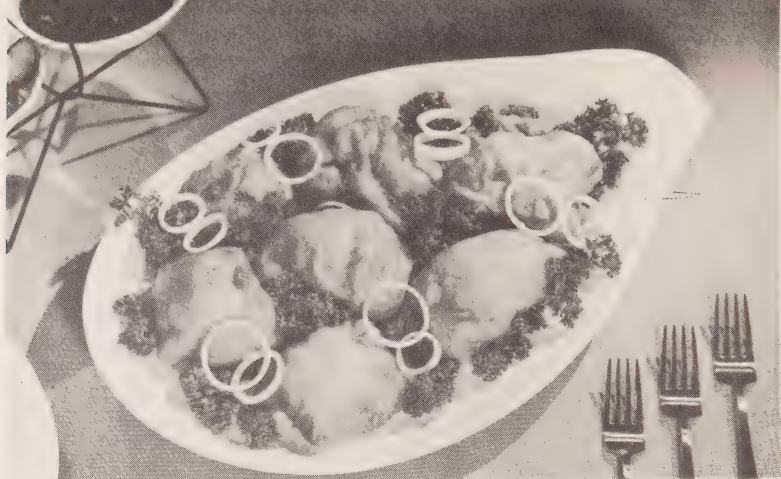
### **1. Dip in batter**

Wipe fish with a damp cloth. Cut fillets into uniform size not thicker than half an inch. If too thick, make 3 or 4 slits in the sides. Sprinkle fish with salt and dip into batter.

### **2. Fry in hot fat (375°F.)**

Fry in hot fat at 375°F. until golden brown. Drain on absorbent paper.





### Fried Fish in Batter

2 pounds fish fillets

$\frac{1}{2}$  teaspoon salt

#### *Batter No. 1:*

1 $\frac{1}{2}$  cups all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt

2 eggs  
1 cup milk

Season fish and cut in serving-size pieces or smaller pieces if desired. If the pieces of fish are more than half an inch thick but not thick enough to slice conveniently, make three or four slits in the sides. The fish will cook more evenly and quickly. To make batter, mix and sift dry ingredients. Beat eggs well and stir milk into eggs. Pour liquid into dry ingredients and beat until smooth. Dip pieces of fish into batter and fry in deep fat at 375°F. until golden brown, turning once. This will take about 7 minutes. Drain.

*Makes 6 servings.*

#### *Batter No. 2:*

1 $\frac{1}{2}$  cups all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt

1 egg  
1 cup water

Mix and sift dry ingredients. Beat egg and add water. Add liquid to dry ingredients and stir until smooth.

#### *Batter No. 3:*

1 egg  
1 cup water

1 cup all-purpose flour

Beat egg and add water. Stir in flour just until dampened. Batter will be lumpy.

#### *Batter No. 4:*

1 $\frac{1}{3}$  cups milk

2 cups tea biscuit mix

Mix according to directions on package.

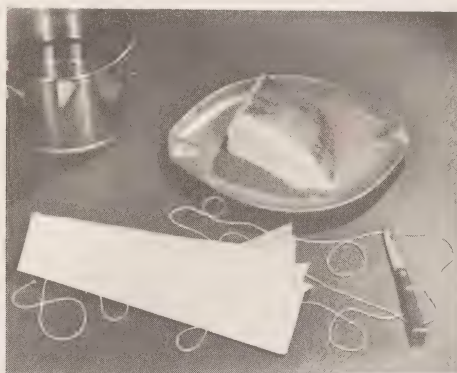
As a general rule, a batter made with water will be crisp while a batter made with milk will be tender.

## *How to Cook in Water*

Portions of whole fish or fillets which are to be used for salads, casseroles, fish cakes or creamed fish dishes may be cooked in water.

### **1. A flavour saving method**

Wipe fish with a damp cloth. Sprinkle fish with salt and place on a sheet of dampened parchment paper or a piece of greased aluminum foil. Measure thickness of fish.



### **2. Season and wrap securely**

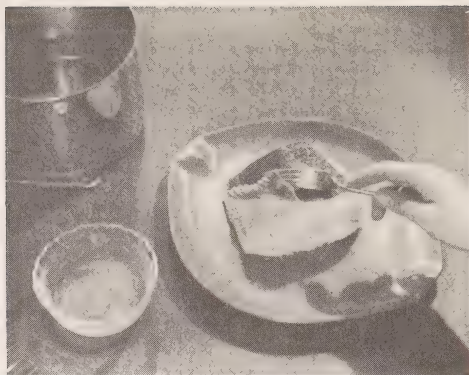
Add 1 tablespoon each of chopped onion and celery. Wrap securely. Draw up corners of parchment paper, pouch fashion, and tie with string. Or fold foil over fish securing open edges with double folds to make package water tight.



### **3. Cover and boil**

Place the package in rapidly boiling water and cover. When water returns to the boil, time the cooking period. Boil 10 minutes per inch thickness for fresh fish and about 20 minutes per inch thickness for frozen fish.





When removing fish from package, save the juices which can be substituted for liquid in sauces or casseroles.

### **Fish Cooked in Water**

2 pounds fish  
1 teaspoon salt

1 tablespoon chopped onion  
1 tablespoon chopped celery

Sprinkle fish with salt and place on a sheet of dampened parchment paper or a piece of greased aluminum foil. Measure thickness of fish at thickest part, and add onion and celery. Wrap securely.

See "How to Cook in Water", page 31.

*Makes 6 servings.*

### **Court Bouillon**

$\frac{1}{2}$  cup vinegar  
1 tablespoon salt  
1 stalk celery OR  
 $\frac{1}{2}$  cup celery leaves  
 $\frac{1}{4}$  cup sliced onion  
 $\frac{1}{4}$  cup sliced carrots

$\frac{1}{4}$  teaspoon thyme  
 $\frac{1}{2}$  teaspoon peppercorns  
1 bay leaf  
1 teaspoon finely chopped parsley  
1 quart (5 cups) boiling water

Add vinegar, salt, celery, onion, carrots, thyme, peppercorns, bayleaf, and parsley to boiling water. Cover and boil 10 minutes. This liquid may be used for poaching fish.

*Makes about 1 quart.*





## *How to Cook in Milk*

A traditional method of cooking smoked fish is by poaching in milk.

### **1. Simmer smoked fillets in milk**

Wipe fish with a damp cloth. Measure thickness of fish. In a covered pan, simmer smoked fish in milk until it flakes easily when tested with a fork. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. Season with pepper and serve with milk poured over the fish.



### **2. Serve attractively**

Another way of serving after the fish is cooked, is to thicken the milk and serve as a white sauce. You may poach the fish in milk on top of the stove or bake in the oven at 450°F. Do not overcook.

### **Fish Cooked in Milk**

2 pounds smoked fillets  
1 cup milk

1 tablespoon butter  
Pepper

In a covered pan, simmer fillets in milk until fish flakes easily when tested with a fork. Dot with butter and season with pepper. See "How to Cook in Milk", above. Serve fish with the milk, thickened or unthickened.

*Makes 6 servings.*

## *Shellfish*

SHELLFISH are glamour seafoods and most people consider them delicacies. However, they are easy to cook and are practical in meal-planning. When purchasing raw shellfish in the shell, be sure that they are alive. This does not apply to raw shrimp. Shellfish deteriorate very rapidly and it is important that they be strictly fresh when purchased.

### **LOBSTER**

LOBSTER may be purchased alive, cooked in the shell either fresh or frozen, or as canned lobster meat. When bought alive, lobsters should show movement of the legs. The tail of a live lobster curls under the body and does not hang down when the lobster is handled. The tail of a boiled lobster should spring back quickly after it has been straightened out. This shows that the lobster was alive when cooked. Lobsters should be alive until the moment of cooking.

A one-pound lobster in the shell will give approximately  $\frac{1}{4}$  pound or  $\frac{2}{3}$  cup cooked meat.

Lobsters on the market vary from about 1 pound to  $2\frac{1}{2}$  pounds. A one-pound lobster will serve one person.

The shells of live lobsters are of varying shades of dark blue and green. They all turn bright red when cooked.

### *How to Prepare Lobster*

Fill a deep container with enough water to cover lobsters. For each quart of water, add  $\frac{1}{4}$  cup of salt. Bring water to a rolling boil, then grasping each lobster behind the head, plunge it in, head foremost. With a wooden spoon or other utensil push lobster under the water. Cover container. When water has returned to the boil, reduce heat. Simmer lobsters for 15 minutes if small or medium and 20 minutes if large. If serving lobster cold, cool quickly under cold water and drain. To prepare, place cooked lobster on its back and split lengthwise from head to tail by cutting through shell and meat with a sharp knife or kitchen shears. Remove dark vein that runs through the body at the centre. Discard small sac or "lady" behind the head. The green liver and red roe are delicacies. Crack large claws.

Serve lobster in its shell either hot accompanied with melted butter and lemon wedges, or cold with mayonnaise. Allow one small or half a large lobster for each serving. When serving cooked or canned lobster meat be sure to remove the thin piece of cartilage lodged in the meat of the claws.

OR remove meat from cracked claws, legs and tail and use for salads or hot dishes.



## Live Broiled Lobster

2 live lobsters (1 pound each)  
1 tablespoon melted butter or  
margarine  
 $\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon pepper  
Paprika  
 $\frac{1}{4}$  cup melted butter  
Lemon wedges

Insert a sharp knife between the body and tail shells to cut the spinal cord. Then place lobster on its back and cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein. Crack claws. Lay lobster open as flat as possible on a broiler pan. Brush lobster meat with 1 tablespoon of melted butter. Sprinkle with salt, pepper and paprika. Broil about 4 inches from heat for 12 to 15 minutes or until lightly browned. Serve with melted butter and lemon wedges.

*Makes 2 servings.*



SPLIT LOBSTER OPEN



REMOVE LOBSTER MEAT

## Baked Stuffed Lobster

2 live lobsters  
(about 1 pound each)  
3 quarts boiling water  
 $\frac{3}{4}$  cup salt  
2 cups soft bread crumbs

2 tablespoons butter or margarine,  
melted  
1 tablespoon minced onion  
Dash garlic salt (optional)

Plunge lobsters head first into boiling water to which salt has been added. When water has returned to simmering temperature, cover and allow to simmer 5 minutes. Quickly cool lobsters under cold water and drain. Place each lobster on its back. With a sharp knife or scissors slit open on the underside from head to tail. Remove stomach sac which lies just back of the head and also the dark intestinal vein running from the stomach to the tip of the tail. Remove and save the green liver, also the coral roe, if present. These are delicious mixed with a little melted butter or mayonnaise and spread on bread.

Prepare a bread dressing by combining the bread crumbs, melted butter, onion and garlic salt. Stuff dressing in body cavities and spread over surface of tail meat. Place on a baking pan. Bake in a moderately hot oven (400 F.) for 15 minutes. Serve accompanied by side dishes of melted butter.

*Makes 2 servings.*

### Lobster Newburg

2 cups or 2 cans (5 ounces each) lobster meat	4 egg yolks
$\frac{1}{4}$ cup melted butter or other fat	$\frac{1}{2}$ pint table cream
2 tablespoons sherry	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon paprika	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{8}$ teaspoon nutmeg

Cut lobster into bite-size pieces. Combine lobster, fat, sherry and paprika, in saucepan. Heat thoroughly, stirring occasionally. Beat egg yolks in top of double boiler and add cream, salt, pepper and nutmeg. Cook over boiling water until thickened, stirring constantly. Remove from heat and add lobster mixture. Serve immediately.

*Makes 5 or 6 servings.*

### Easy Lobster Newburg

2 cups or 2 cans (5 ounces each) lobster meat	$1\frac{1}{2}$ cups milk
$\frac{1}{4}$ cup butter or other fat	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{4}$ cup white wine

Cut the lobster into bite-size chunks. Melt butter over low heat or in top of double boiler. Mix in flour and cook stirring until mixture is bubbly. Add milk gradually. Cook and stir until thickened. Season with salt and pepper. Add lobster and wine; heat thoroughly.

*Makes 6 servings.*

### Lobster Thermidor

2 boiled lobsters, about $1\frac{1}{2}$ pounds each	$\frac{1}{8}$ teaspoon dry mustard
$\frac{2}{3}$ cup sliced mushrooms	Few grains paprika
3 tablespoons butter or other fat	$1\frac{1}{2}$ cups milk
3 tablespoons flour	$\frac{1}{4}$ cup grated cheese
$\frac{1}{4}$ teaspoon salt	3 tablespoons sherry
	2 tablespoons finely grated cheese

Cut lobsters in half lengthwise and remove meat from body and claws. Save body shells. Cut lobster meat into bite-size chunks. Cook mushrooms in 1 tablespoon fat until tender. Melt remainder of fat in top of double boiler. Stir in flour and seasonings. Add milk slowly and cook and stir over boiling water until thickened. Add grated cheese and stir until melted. Add lobster, mushrooms and sherry. When thoroughly heated, spoon into lobster shells. Sprinkle with 2 tablespoons finely grated cheese and broil for about 2 minutes or until cheese is golden brown.

*Makes 4 servings.*



### Hot Lobster Bluenose

2 cups or 2 cans (5 ounces each)	¼ cup milk
lobster meat	1 teaspoon vinegar
½ cup mayonnaise	Salt and pepper

Cut lobster in bite-size pieces. Heat mayonnaise in wide saucepan or frying pan. Stir in milk gradually and then vinegar. Simmer for 1 minute. Add lobster and salt and pepper to taste. Serve when thoroughly heated.

*Makes 4 servings.*

### Lobster Soufflé

1 can (5 ounces) lobster meat	1 cup milk
2 tablespoons butter or other fat	½ cup mayonnaise
2 tablespoons flour	3 egg yolks
½ teaspoon salt	3 egg whites

Drain and cut lobster into small pieces. Melt fat and blend with flour and salt. Add milk gradually. Cook and stir until sauce is thickened. Remove from heat. Stir in mayonnaise and beaten egg yolks. Add lobster to sauce. Fold beaten egg whites into slightly cooled sauce. Pour into ungreased 1½-quart casserole. Place casserole in shallow pan of hot water and oven-poach in moderate oven (350°F.) for 45 minutes or until set and lightly browned.

*Makes 4 or 5 servings.*

## OYSTERS

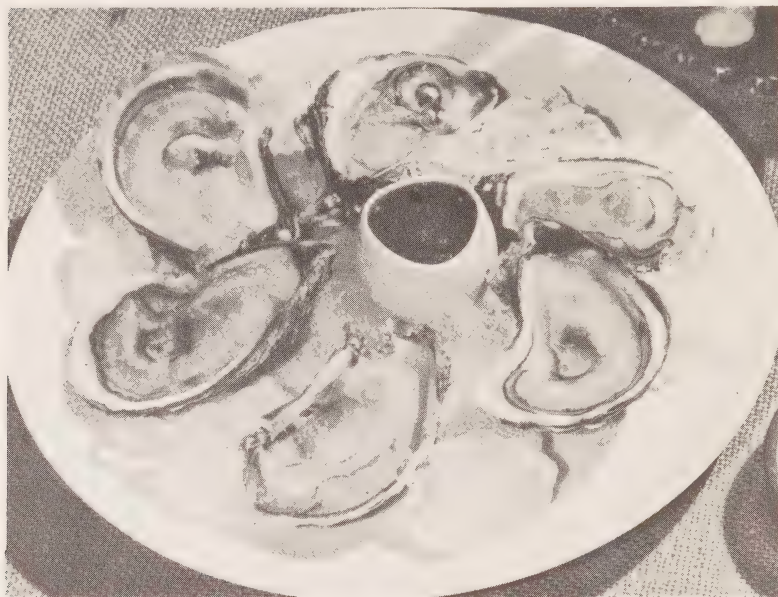
OYSTERS. There are two kinds of oysters on the market: the eastern oyster from the Atlantic coast and the Japanese or Pacific oyster from the west coast. The Atlantic coast oysters are sold in the shell or shucked. Top quality oysters have hard, well-cupped shells. The shells should be tightly closed as a gaping shell indicates that the oyster is no longer edible. Pacific oysters are always sold shucked. They are larger than the eastern variety. They may be purchased fresh, frozen, canned or smoked.

### *How to Prepare Oysters*

Wash oyster shells under running water and scrub with a brush. Do not allow oysters to stand in water before opening. To open, hold oyster with the deep half of shell down. Insert oyster knife or other strong, blunt knife between shells near the hinge and with a twisting motion pry shells apart. Sever muscle which holds shells together. Separate shells and loosen oyster, taking care to retain as much of juice as possible. Oysters may be served on the half-shell or may be shucked. If using shucked oysters, drain and strain juice to remove any particles of shell. Store oysters and juice in a tightly covered container in refrigerator until ready to use.

## ***Oysters on the Half-Shell***

For each serving allow 6 oysters. Open oysters and serve in shells on crushed ice in shallow dish with a small bowl of cocktail sauce placed in the centre. Garnish with lemon wedges.



### **Cocktail Sauce**

$\frac{1}{2}$  cup chili sauce

$\frac{1}{3}$  cup catsup

$\frac{1}{3}$  cup prepared horseradish

$1\frac{1}{2}$  teaspoons Worcestershire sauce

Mix ingredients and chill before serving.

*Makes about  $1\frac{1}{4}$  cups.*

### **Oyster and Mushroom Rarebit**

1 pint oysters and their liquor

$\frac{1}{2}$  pound mushrooms, sliced

$\frac{1}{4}$  cup butter or other fat

2 tablespoons flour

$\frac{1}{2}$  pint table cream

3 cups grated cheese

1 teaspoon Worcestershire sauce

3 drops Tabasco sauce

2 eggs, beaten

Hot biscuits or toast points

Simmer oysters in their liquor until edges begin to curl. Drain. Cook mushrooms in 2 tablespoons fat until tender. In a saucepan melt 2 tablespoons fat and blend in flour. Add cream gradually. Cook and stir over low heat until thick and smooth. Add cheese and stir until melted. Add Worcestershire and Tabasco sauces. Combine a little of the hot cheese sauce with beaten eggs and then add this egg mixture to remaining cheese sauce. Cook and stir for about 2 minutes. Combine with mushrooms and oysters and serve on hot biscuits or toast points.

*Makes 4 to 6 servings.*



## Scalloped Oysters

1 pint oysters and their liquor	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup butter or other fat	$\frac{1}{8}$ teaspoon cayenne
3 tablespoons chopped onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons diced celery	1 cup evaporated milk
2 tablespoons diced green pepper	1 cup tomato juice
$\frac{1}{4}$ cup flour	2 cups cheese cracker crumbs

Remove any bits of shell that may be in oysters. Melt fat and cook onion, celery and green pepper until tender. Stir in flour, salt, cayenne and pepper and gradually add milk. Cook and stir until thickened. Remove from heat and add tomato juice. Place  $\frac{1}{3}$  of cracker crumbs in bottom of greased  $1\frac{1}{2}$ -quart casserole and cover with half the oysters and their liquor and half the vegetable mixture. Repeat these 3 layers and top with crumbs. Bake in moderately hot oven ( $400^{\circ}\text{F.}$ ) for 30 minutes.

*Makes 6 servings.*

## Oyster Soufflé

1 pint oysters and their liquor	Few grains pepper
$\frac{1}{4}$ cup butter or other fat	Few grains cayenne
$\frac{1}{4}$ cup flour	2 or 3 drops Tabasco sauce
$\frac{1}{3}$ cup milk	3 eggs, separated
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup cracker crumbs

Simmer oysters in their liquor until edges begin to curl. Drain well, and save liquor; chop oysters. Melt butter over low heat or in top of double boiler. Mix in flour and cook stirring until mixture is bubbly. Gradually blend in milk and  $\frac{1}{2}$  cup of oyster liquid. Cook and stir until sauce is thickened. Add seasonings. Cool slightly. Stir in well-beaten egg yolks and add oysters. Beat egg whites until stiff but not dry and fold into mixture. Sprinkle cracker crumbs in bottom of ungreased  $1\frac{1}{2}$ -quart casserole. Pour in soufflé mixture. Oven-poach in moderate oven ( $350^{\circ}\text{F.}$ ) for 40 minutes, or until set.

*Makes 5 or 6 servings.*

## Oyster Pie

1 pint oysters and their liquor	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup diced celery	5 tablespoons flour
$\frac{1}{2}$ cup diced green pepper	2 cups liquid (oyster liquor plus milk to make volume)
$\frac{1}{4}$ cup butter or other fat	2 tablespoons chopped pimiento
1 teaspoon salt	Pastry for 1-crust pie

Drain oysters and save liquor. Cook celery and green pepper in fat until tender. Season with salt and pepper. Add flour gradually and mix well. Slowly add oyster liquor and milk. Cook and stir over low heat until smooth. Add pimiento and oysters. Pour into greased  $1\frac{1}{2}$ - or 2-quart casserole. Top with pastry. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 30 minutes or until crust is golden brown.

*Makes 4 or 5 servings.*

## Oyster Turnovers

$\frac{1}{2}$  pint oysters

$\frac{1}{4}$  cup thick cocktail sauce

Pastry, enough for 2-crust pie

Oysters may be used raw or cooked. In either case drain oysters well. Roll pastry about  $\frac{1}{8}$ -inch thick and cut in 2-inch circles. On each circle place one oyster and a little of the cocktail sauce. Fold pastry over and seal the edges. Prick pastry with fork to allow steam to escape. Bake on cookie sheet in hot oven ( $425^{\circ}\text{F.}$ ) for 15 minutes or until pastry is lightly browned.

*Makes about 2 dozen hors d'oeuvres.*

## SHRIMP

SHRIMP are marketed in headless form, both fresh and frozen. They are also marketed as shelled, cooked and canned meat. Frozen raw shrimp or "green" shrimp are principally imported. One pound yields about half a pound of cooked, shelled meat and will give 3 or 4 servings. Canned shrimp, also imported, come packed according to size. Some have the dark sand vein removed and are labelled "deveined".



### *How to Prepare Shrimp*

Boiling is the basic method of cooking shrimp in the shell. Frozen shrimp need not be thawed. For each quart of water used, add  $\frac{1}{4}$ -cup of salt. Sliced lemon and bay leaf may be added to water if desired. When water reaches the boiling point, simmer shrimps for 5 minutes. Drain and cool. Shuck meat by peeling off shells and then remove sand vein. Rinse.

Shrimp may also be cooked after shucking. In this case, for each quart of water used, add 2 tablespoons of salt. The cooking time is the same.

### French Fried Shrimp

1½ pounds raw shrimp	½ teaspoon salt
<i>Batter</i> — ¾ cup flour	1 egg
1 teaspoon baking powder	¾ cup milk

If shrimp are frozen, allow them to thaw. Peel and remove sand vein. Wash and drain. Mix and sift dry ingredients. Beat egg and add milk. Add liquid to dry ingredients and stir until smooth. Dip shrimp in batter and fry in hot, deep fat (375°F.) until golden brown, 5 to 7 minutes. *Makes 5 or 6 servings.*

### Deep Fried Shrimp, Japanese Style

1½ pounds raw shrimp	<i>Sauce</i> — ¼ cup soy sauce
<i>Batter</i> — 1 egg	½ cup bouillon
1 cup water	2 teaspoons sugar
1½ cups all-purpose flour	Few grains monosodium glutamate

Peel shrimp, leaving last section of shell on, if desired. Remove sand vein. Wash and drain thoroughly. To make batter, beat egg, add water, mix flour in lightly. Stir just enough to dampen flour. Dip shrimp in batter and fry in hot deep fat (375°F.) until lightly browned. Drain and serve hot with warm sauce. Make sauce by combining all ingredients in saucepan. Heat to simmering temperature.

*Makes 5 or 6 servings.*

### Devilled Shrimp

2 cups cooked shrimp or 2 cans (5 ounces each) shrimp	¼ teaspoon salt
2 tablespoons chopped onion	½ teaspoon dry mustard
¼ cup butter or other fat	½ teaspoon Worcestershire sauce
¼ cup flour	2 cups milk
	1 cup cooked peas

If shrimp are large, cut in half. Cook onion in fat until tender. Blend in flour, seasonings and Worcestershire sauce. Gradually add milk and cook over low heat or boiling water, stirring constantly until thickened. Add shrimp and peas; reheat.

*Makes 6 servings.*

### Shrimp Curry Hawaiian

1½ pounds raw shrimp	1½ teaspoons salt
1 tablespoon finely chopped onion	1 tablespoon curry powder
6 tablespoons butter or other fat	1 tablespoon chopped preserved ginger
6 tablespoons flour	1 tablespoon lemon or lime juice
3 cups milk	
2 cups shredded coconut	

Peel and remove sand vein from shrimp. Cook onion in fat in frying pan, for about 2 minutes. Stir in flour and add milk gradually. Cook and stir over low heat until thickened. Add coconut, salt, curry powder, ginger, lemon juice and raw shrimp. Cook slowly for 15 minutes, stirring occasionally.

*Makes 6 to 8 servings.*



### Shrimp Curry on Rice

- |   |                          |
|---|--------------------------|
| 1½ pounds raw shrimp (peeled<br>and cooked) or 2 cans<br>(5 ounces each) shrimp | 2 tablespoons flour      |
| 1½ cups finely chopped<br>peeled apples   | 1 teaspoon salt          |
| 2 tablespoons butter or other fat   | 2 teaspoons curry powder |
|   | 1½ cups milk             |
|   | 3 cups cooked rice       |

Remove sand vein from shrimp. Cook apples in fat for about 5 minutes. Mix flour, salt and curry powder, and stir into apples. Gradually add milk; cook and stir over low heat until thickened. Add shrimp and heat thoroughly. Serve on rice.

*Makes 5 or 6 servings.*

### Shrimp à la King

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 pound raw shrimp                | 2 tablespoons fat             |
| 1 can (5 ounces) sliced mushrooms | 2 tablespoons flour           |
| ½ large green pepper, diced       | 1 cup milk                    |
| ¼ cup butter or other fat         | 2 teaspoons grated lemon rind |
| ½ teaspoon salt                   | 4 slices toast                |

Peel and remove sand vein from shrimp. Cut into bite-size pieces. Combine shrimp, mushrooms and green pepper; season with salt and panfry in ¼-cup fat for 10 minutes, stirring occasionally. Make white sauce by combining 2 tablespoons fat and flour. Cook and stir until mixture is bubbly. Gradually add milk. Cook and stir over low heat until thickened. Remove from heat and add lemon rind and shrimp mixture. Serve on toast.

*Makes 4 servings.*



## SCALLOPS

SCALLOPS are shucked as soon as they are caught. Only the succulent muscle, which closes the shell of the scallop, is packaged and sold fresh and frozen. They are occasionally canned.

### *How to Prepare Scallops*

Scallops are always sold shucked, either fresh or frozen. Before using, wipe scallops with a damp cloth. If frozen, thaw scallops sufficiently to separate.

Allow one pound for 3 or 4 servings.

### **French Fried Scallops**

1 pound scallops	1 egg, beaten
Salt	$\frac{3}{4}$ cup fine dry bread crumbs
$\frac{1}{4}$ cup flour	

Separate scallops and sprinkle with salt. Roll scallops in flour, dip in egg and roll in bread crumbs. Fry in hot deep fat (375°F.) until golden brown, about 3 to 4 minutes.

*Makes 4 servings.*

### **Piquant Scallops**

1 pound scallops	3 tablespoons butter or other fat
Salt	2 teaspoons lemon juice
$\frac{1}{4}$ cup fine dry bread crumbs	1 teaspoon Worcestershire sauce

Separate scallops and sprinkle with salt. Roll in bread crumbs. Arrange scallops in 4 greased scallop shells or in shallow greased baking dish. Melt fat and add lemon juice and Worcestershire sauce; pour over scallops. Bake in hot oven (450°F.) for 15 minutes.

*Makes 4 servings.*

### **Scallops Hawaiian**

1 pound scallops	1 teaspoon finely chopped onion
6 pineapple slices, drained	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup melted butter or other fat	$\frac{1}{8}$ teaspoon Worcestershire sauce

Separate scallops. Place pineapple rings in shallow, greased baking dish and arrange 3 or 4 scallops around the centre of each ring. Combine fat, onion, salt and Worcestershire sauce. Pour over scallops and pineapple slices. Bake in hot oven (450°F.) for 15 minutes, then place under broiler for about 3 minutes to lightly brown scallops. Baste occasionally during baking.

*Makes 3 to 6 servings.*





### Scallops Baked in Shells

1 pound scallops

Salt and pepper

4 tablespoons heavy cream

4 teaspoons fine dry bread crumbs

4 teaspoons melted butter or  
other fat

Place 4 or 5 scallops in each of four greased scallop shells or custard cups. Season with salt and pepper. Add 1 tablespoon of cream to each shell or baking dish. Top each dish with 1 teaspoon of bread crumbs and 1 teaspoon of melted fat. Bake in hot oven (450°F.) for 15 minutes.

*Makes 4 servings.*

### Scallop Casserole

1 pound scallops

1 can (10 ounces) cream of  
mushroom soup

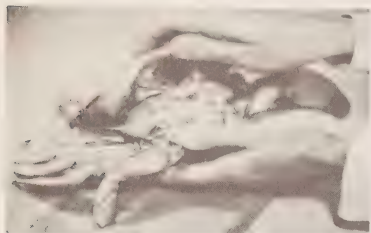
$\frac{1}{4}$  cup fine dry bread crumbs,  
buttered

Separate scallops and cut into uniform size, if necessary. In a greased  $1\frac{1}{2}$ -quart casserole, stir soup until smooth. Mix in scallops and top with bread crumbs. Bake in hot oven (450°F.) for 20 minutes or until hot and bubbly.

*Makes 4 to 6 servings.*

## CRAB

CRAB is available cooked, fresh or frozen either in the shell or as shelled crab meat. Canned crab is found in most food stores. Live crab is sold only in areas close to the fishing centres.



PULL OFF TOP SHELL



REMOVE GILLS



REMOVE UNUSABLE PORTIONS

### *How to Prepare Live Crab*

Plunge live crab into boiling salted water. Use  $\frac{1}{4}$ -cup of salt to each quart of water. Cover and simmer 15 to 20 minutes. Pull off the top shell and remove gills. Turn crab on its back and break off mouth parts, tail or apron and scrape out yellow fat and viscera. Rinse with cold water. Break body shell in two and pick or shake out body meat. Twist off and crack legs and claws. Then shake out meat. Rinse meat in salted water and drain.

To serve cracked crab, put the body meat back in the top shell and place it on a platter of crushed ice.

Arrange cracked legs attractively around it.

### **Easy Crab Newburg**

2 cups or 2 cans (6 ounces  
each) crab meat  
 $\frac{3}{4}$  cup sliced mushrooms  
 $\frac{1}{4}$  cup butter or other fat  
 $\frac{1}{4}$  cup flour

$\frac{1}{2}$  teaspoon salt  
Few grains pepper  
 $1\frac{1}{2}$  cups milk  
 $\frac{1}{4}$  cup white wine OR  
2 tablespoons lemon juice

Drain and flake crab meat. Remove any shell or cartilage. Cook mushrooms in fat until tender. Stir in flour and seasonings. Add milk gradually and cook and stir over low heat until thickened. Add crab meat and wine or lemon juice. Serve on toast.

*Makes 6 servings.*

## Crab Jambalaya

2 cups or 2 cans (6 ounces each) crab meat	1 can (28 ounces) tomatoes
$\frac{1}{2}$ cup chopped onion	1 teaspoon salt
1 cup diced celery	$1\frac{1}{2}$ teaspoons Worcestershire sauce
2 cloves garlic, minced	$\frac{1}{2}$ cup raw rice
2 tablespoons butter or other fat	$\frac{1}{4}$ cup chopped parsley (optional)

Flake crab meat. Cook onion, celery and garlic in fat until tender. Add tomatoes, salt and Worcestershire sauce and bring to boiling point. Add rice, mix well and cover. Simmer for 20 minutes, stirring occasionally. Add crab meat and, if desired, chopped parsley. Reheat.

*Makes 6 servings.*

## Crab and Potato Chip Casserole

2 cans (6 ounces each) crab meat	$\frac{1}{2}$ cup mayonnaise
1 can (10 ounces) tomato soup	2 cups crushed potato chips
$\frac{1}{4}$ cup water	$\frac{1}{2}$ cup grated Cheddar cheese

Flake crab meat. Blend soup, water and mayonnaise. Place alternate layers of potato chips, crab and soup mixture in greased  $1\frac{1}{2}$ -quart casserole. Sprinkle cheese over top. Bake in moderate oven (350°F.) for 20 to 30 minutes.

*Makes 5 or 6 servings.*

## Crab Florentine

2 cans (6 ounces each) crab meat	$\frac{1}{4}$ teaspoon salt
1 pound spinach	$\frac{1}{2}$ cup grated cheese
$\frac{1}{4}$ cup butter or other fat	$\frac{1}{2}$ cup light cream
$\frac{1}{4}$ cup flour	Few grains cayenne pepper
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup buttered dry bread crumbs

Flake crab meat. Cook spinach until tender. Drain and chop. Place in bottom of a greased 2-quart casserole. Melt fat and blend in flour and salt. Gradually add milk and stir until thickened. Add grated cheese, cream and cayenne pepper, and cook until hot and thick. Remove from heat and add crab meat. Pour mixture over spinach and sprinkle with crumbs. Broil 5 minutes to brown crumbs.

*Makes 6 servings.*





## CLAMS

CLAMS are sold alive in the shell and as shucked meat in fresh, frozen and canned forms. When purchased alive, the shells should be tightly closed. Like the oyster, a gaping shell indicates the clam is no longer edible.



### *How to Prepare Clams*

Scrub shells and carefully wash free of sand using several waters. Place in steamer or sieve over rapidly boiling water and cover closely. Steam until shells open, about 10 minutes. Remove one shell from each clam and serve clams very hot with strained clam liquid, melted butter, salt and pepper. The number allowed for each serving depends on size of clams used.

### **Clam Patties**

2 cans minced clams (total drained weight about 10 ounces)	$\frac{1}{2}$ teaspoon salt
2 cups cooked mashed potatoes	$\frac{1}{4}$ teaspoon nutmeg
2 tablespoons butter or other fat	1 tablespoon lemon juice
	2 eggs, slightly beaten

Drain minced clams and wash well. Drain. Combine with mashed potatoes, fat, salt, nutmeg and lemon juice. Add eggs and mix well. Shape into 12 patties and fry in hot fat until lightly browned on both sides.

*Makes 6 servings.*

### St. Andrews Clam Pie

2 cans (5 ounces each) clams	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ pound bacon, diced	2 cups liquid (clam liquor plus water to make volume)
5 medium potatoes, thinly sliced	Pastry, sufficient for a two-crust pie
2 medium onions, thinly sliced	
1 teaspoon salt	

Drain clams and strain and save liquor. Wash clams well. Panfry bacon until crisp. In greased baking pan (14" x 9") place in layers half the potatoes, onions, clams and seasonings. Repeat. Sprinkle with bacon scraps and rendered fat. Pour liquid over all. Bake for 1 hour in slow oven (325°F.). Remove pan from oven and cover dish with pastry. Prick pastry to allow steam to escape. Return to hot oven (450°F.) for 20 minutes or until pastry is lightly browned.

*Makes 8 servings.*

### Sour Cream Clam Pie

2 cans (7 ounces each) small whole clams	2 eggs, beaten
$\frac{1}{2}$ cup chopped bacon (3 strips)	2 cups biscuit mix OR $1\frac{1}{2}$ cups pastry mix
$\frac{3}{4}$ cup chopped onion	$\frac{1}{2}$ pint dairy sour cream
$\frac{1}{4}$ cup flour	1 teaspoon salt
Few grains pepper	Paprika
1 or 2 drops Tabasco sauce	

Drain clams and strain and save  $\frac{3}{4}$ -cup of liquor. Wash clams well. Panfry bacon until lightly browned. Add onion and cook until tender. Blend in flour and add clam liquor and cook until thick, stirring constantly. Add clams, pepper and Tabasco sauce. Stir a little of hot sauce into beaten eggs. Add mixture to remaining sauce, stirring constantly. Prepare biscuit or pie crust mix according to directions on package. Roll and line a 9-inch pie pan. Place clam filling in pie shell. Combine sour cream and salt, spread over clams. Sprinkle with paprika. Bake in moderate oven (350°F.) for 30-35 minutes or until filling is set.

*Makes 6 servings.*

### Paella Valenciana

2 medium onions, diced	2 cans (5 ounces each) lobster
2 cloves garlic, crushed	2 cans (5 ounces each) shrimp
2 green peppers cut into 1-inch pieces	1 can (10 ounces) clams
$\frac{1}{4}$ cup salad oil	2 cups (1 package frozen) peas, cooked
1 can (28 ounces) tomatoes	$\frac{1}{4}$ cup sherry
2 cups packaged precooked rice	1 tablespoon salt
1 cup hot water	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon saffron dissolved in $\frac{1}{4}$ cup hot water	$\frac{1}{4}$ teaspoon Tabasco sauce

In large saucepan, cook onions, garlic and green pepper in salad oil for 5 minutes. Add tomatoes, rice, water and saffron, and simmer 5 minutes. Add lobster, shrimp, clams, peas, sherry and seasonings. Simmer until all ingredients are piping hot.

*Makes 10 or 12 servings.*

## ***Dried, Smoked and Pickled Fish***

Before the days of refrigeration, fish was preserved by drying, smoking or pickling, or a combination of one or more of these methods. Today most of the smoked fish is lightly smoked for added flavour, not to preserve the fish. The fish are first placed in a brine before smoking. If heavily brined, the excess salt may be removed by soaking in water. In any case, always wipe the fish with a damp cloth before using. Dried fish will keep satisfactorily without refrigeration.

### ***How to Freshen Boneless Salt Cod***

Soak fish overnight in cold water to cover. Drain and add fresh cold water to cover. Bring to simmering temperature over low heat. Drain. If fish seems too salty to the taste, add fresh cold water and again bring to simmering temperature and drain.

### **Hugger-in-Buff**

1 pound salt cod	2 medium onions, sliced
4 medium potatoes	2 tablespoons vinegar
$\frac{1}{4}$ pound fat salt pork	$\frac{1}{4}$ cup milk

Freshen salt cod. Cut cod into serving-size portions. Peel potatoes and cut into eighths. Place cod and potatoes in saucepan, covering with boiling water and simmer until potatoes are tender, about 20 minutes. Drain and place on warmed platter. While fish and potatoes are cooking, dice fat salt pork and fry until crisp. Remove pork scraps from pan and cook onions until tender. Add vinegar, milk and pork scraps. Bring liquid to boil and pour over potatoes and cod.

*Makes 4 servings.*

### **Codfish Pie**

$\frac{1}{2}$ pound salt cod	1 tablespoon flour
4 slices bacon, diced	$1\frac{1}{4}$ cups milk
$\frac{2}{3}$ cup chopped onion	$\frac{1}{4}$ teaspoon thyme
$\frac{1}{4}$ cup diced green pepper	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup chopped pimiento OR sweet red pepper	2 eggs, separated
	1 baked pie shell (9 inches)

Freshen salt cod and flake. Fry bacon until crisp; remove and save scraps. Cook onion, green pepper, pimiento or red pepper in bacon fat until tender. Sprinkle with flour and gradually stir in 1 cup milk. Cook and stir until thickened. Add fish, bacon, thyme and pepper. Beat egg yolks with  $\frac{1}{4}$ -cup of milk, add to fish mixture and cook 3 minutes longer. Beat egg whites until stiff but not dry and fold into fish mixture. Fill pie shell and bake in moderate oven (350°F.) for 20 minutes or until lightly browned.

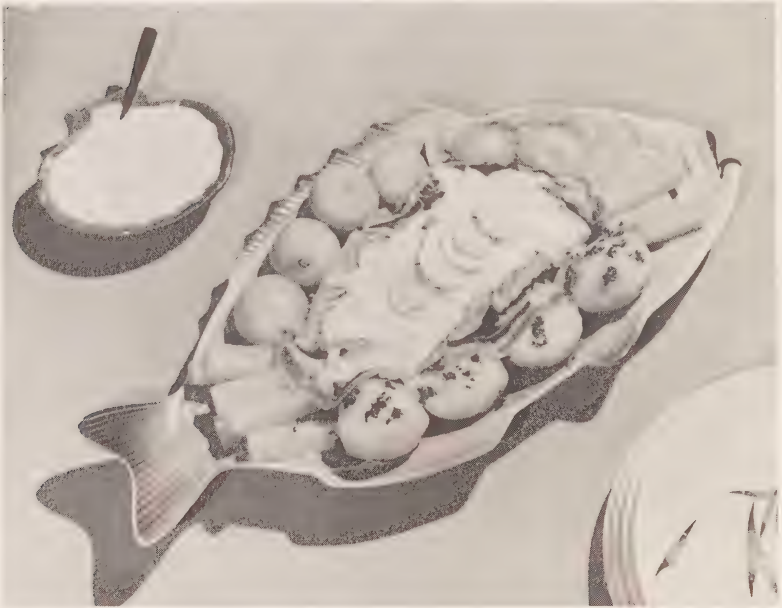
*Makes 4 to 5 servings.*

### **Creamed Salt Cod**

- |                                       |   |
|---------------------------------------|---|
| 1 pound salt cod                      | 2 cups milk                             |
| $\frac{1}{4}$ cup butter or other fat | $\frac{1}{2}$ cup grated Cheddar cheese |
| $\frac{1}{4}$ cup flour               | 2 hard-cooked eggs, sliced              |
| $\frac{1}{2}$ teaspoon salt           | 4 or 5 slices toast                     |

Freshen salt cod (see page 49) and shred. Cover cod with fresh water and bring to boiling point. Drain. Make a white sauce with fat, flour, salt and milk. Add cheese to sauce and, when blended, add cod. Just before serving, on toast, add sliced eggs.

*Makes 4 or 5 servings.*



### **New England Boiled Dinner**

- |   |   |
|---|---|
| 1 pound salt cod                                | 4 small onions                          |
| $\frac{1}{4}$ pound bacon, diced                | 1 cup thin white sauce                  |
| 6 carrots, halved OR 1 medium<br>turnip, sliced | 2 tablespoons finely chopped<br>parsley |
| 4 medium potatoes                               | 2 hard cooked eggs, sliced              |

Freshen salt cod (see page 49) and simmer until cooked. Drain. Fry bacon until crisp. Cook carrots or turnip, potatoes and onions in boiling salted water until tender. Serve cod on heated platter surrounded by vegetables. Pour bacon and drippings and white sauce over fish; garnish with parsley and eggs.

*Makes 4 servings.*



### Codfish Puffs

1 pound salt cod	1 teaspoon salt
2 egg yolks, beaten	Few grains pepper
1 cup mashed potatoes	2 egg whites, beaten stiff

Freshen salt cod (see page 49) and flake. Combine with egg yolks, potatoes, salt and pepper. Fold in egg whites. Drop by spoonfuls into hot deep fat (375°F.) and fry until brown. Drain.

*Makes 6 servings.*

### Poached Alaska Black Cod

2 pounds Alaska black cod	½ cup milk (optional)
Cold water	

Place cod in frying pan or saucepan. Cover fish with cold water. Cover pan. Bring water to simmering temperature over low heat and simmer for 1 minute. Drain. Repeat this process once or twice depending on saltiness of fish. Simmer in last water until fish is cooked. Allow about 10 minutes cooking time per inch thickness of fish. When cooked, the fish will flake easily when tested with a fork. Drain. Serve plain with lemon or lemon butter sauce. If desired, place cooked fish in greased casserole, add milk and bake in moderate oven (350°F.) for 10 minutes or until milk is hot.

*Makes 6 servings.*

### Kipperd Herring I

6 kippered herring	Greased aluminum foil
--------------------	-----------------------

Wrap kippered herring individually in greased aluminum foil. Secure open ends with double fold to make package steam tight. Bake in hot oven (450°F.) for 10 minutes.

*Makes 6 servings.*

### Kipperd Herring II

6 kippered herring	Butter
--------------------	--------

Cover fish with boiling water and simmer 10 minutes. Drain and serve with pats of butter.

*Makes 6 servings.*

### Smoked Fillet Casserole

1 pound smoked fillets	½ teaspoon salt
3 medium potatoes	1 cup medium white sauce
1 medium onion, sliced	½ cup grated Cheddar cheese

Cut fish into cubes. Boil potatoes in skins for 20 minutes or until partially cooked. Peel and slice them. In a greased 1½-quart casserole, place in layers potatoes, fish, onion and salt. Begin and end with a layer of potatoes. Pour on white sauce and top with grated cheese. Bake in moderate oven (350°F.) for 30 minutes or until fish and potatoes are cooked.

*Makes 6 servings.*



### Smoked Fish Cakes

- |  |  |
|--|--|
| 1 pound or 2 cups cooked and flaked smoked fillets                 | $\frac{1}{2}$ teaspoon salt              |
| $2\frac{1}{2}$ cups diced raw or 2 cups cooked and mashed potatoes | Few grains pepper                        |
| $\frac{1}{2}$ cup chopped onion                                    | 1 egg, beaten                            |
| 2 tablespoons butter or other fat                                  | $\frac{1}{4}$ cup fine, dry bread crumbs |
|  | Fat for frying                           |

Cook and flake fish if necessary. Cook potatoes if necessary. Cook onion in fat until tender. Mash potatoes and onion together. Add flaked fish, salt, pepper and egg and mix well. Form into cakes and roll in bread crumbs. Fry in hot fat until golden brown on both sides, about 10 minutes in all.

*Makes 4 to 6 servings.*

### Smoked Cod Kedgerree

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 2 cups cooked, smoked cod         | 2 cups cooked rice                   |
| 3 tablespoons butter or other fat | 2 hard-cooked eggs, sliced           |
| 3 tablespoons flour               | $\frac{1}{4}$ cup diced green pepper |
| 1 teaspoon salt                   | 1 tomato, chopped                    |
| Few grains cayenne                | 1 tablespoon butter or other fat     |
| $1\frac{1}{2}$ cups milk          |                                      |

Flake fish. Make a white sauce using 3 tablespoons of fat, flour, salt, cayenne and milk. Place rice, fish, eggs, green pepper and tomato in layers in greased  $1\frac{1}{2}$ -quart casserole. Begin and end with a layer of rice and pour white sauce over all. Dot with 1 tablespoon fat. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 20 to 30 minutes or until piping hot.

*Makes 4 to 6 servings.*

## Smoked Whitefish

2 pounds smoked whitefish

Water or milk

Whitefish may be cooked with head and tail on. Head and skin may be removed before serving. Place fish in shallow baking pan and add water or milk to depth of 1 inch. Cover. Poach on top of stove or in hot oven (450°F.) until cooked.

See "How to Cook in Water or Milk", page 31.

*Makes 4 servings.*

## Goldeye

Goldeye may be cooked with head and tail on. Head and skin may be removed before serving. Allow one goldeye per serving.

See "How to Oven Steam", page 22.

See "How to Cook in Water", page 31.

## Soused Herring or Mackerel

2 pounds fresh herring or mackerel

1 teaspoon salt

1 cup vinegar

1 tablespoon mixed pickling spices

$\frac{1}{2}$  cup water

2 thin slices of onion

Fillet and skin fish and cut into serving-size pieces. Place in baking dish and cover with remaining ingredients. Cover dish and bake in moderate oven (350°F.) for 15 minutes. Remove from oven and allow fish to cool in liquid. Drain before serving.

*Makes 3 or 4 servings.*

## Pickled Herring

6 salt herring

$\frac{1}{4}$  cup sugar

1 medium onion

2 tablespoons whole mixed pickling  
spice with bay leaves

3 cups white vinegar

Wash herring and trim off heads and tails. Soak herring overnight in cold water. Drain, fillet and skin fish. Cut into 2-inch pieces. Slice onion thinly. Pack herring and onion in layers in wide-mouthed jars. Combine vinegar, sugar and pickling spice in a saucepan. Simmer for 5 minutes and cool. Pour over herring to cover. Cover jars and store in refrigerator for 4 to 6 days to develop flavour. Store in refrigerator at all times and do not store for more than one month because this product has not been processed.

*Makes 3 pints.*



## Pickled Fish

2 pounds fish fillets  
(cod or haddock)  
3 cups white vinegar  
1 tablespoon curry powder  
1 tablespoon salt

1 tablespoon sugar  
1 bay leaf  
2 red chili peppers  
2 medium onions, thinly sliced

Season fillets and cook in parchment or aluminum foil. See "How to Cook in Water", page 31. Mix vinegar with curry powder, salt, sugar, bay leaf and peppers. Add sliced onion. Bring mixture to the boil. Reduce heat and simmer for 5 minutes. While hot, put layers of fish alternately with layers of the curry mixture into an earthenware crock or large jar. When cold, cover closely and refrigerate. Store the fish for a few days to develop flavour. Store in refrigerator at all times and do not store for more than one month because this product has not been processed.

*Makes 4 cups.*







## Appetizers and Cocktails

Fish and shellfish find a place in many appetizers, canapes and seafood cocktails which introduce party meals. Simple to make and attractive to serve, these treats will bring compliments to the hostess.

### Seafood Cocktail

1 cup cooked crab meat, lobster  
or shrimp

Lettuce

Flake the fish and chill. Just before serving combine with the following cocktail sauce. Serve in lettuce-lined glasses. If desired, the cocktail sauce may be served separately.

*Makes 6 servings.*

### Cocktail Sauce

1 tablespoon mayonnaise

3 tablespoons catsup

2 teaspoons lemon juice

1 teaspoon prepared horseradish

1 teaspoon prepared mustard

$\frac{1}{4}$  teaspoon Worcestershire sauce

2 drops Tabasco sauce (optional)

Combine all ingredients and mix well. Chill.

### **Caviar Canapés**

Spread crackers or rounds of bread with onion butter. Place a small amount of caviar (black) in centre and trim with pimiento.

To make onion butter; cream together  $\frac{1}{4}$  cup of butter and 1 tablespoon very finely grated onion.

### **Dark Eyed Susans**

Spread crackers or rounds of toast with cream cheese. Cut petal shaped slices from ripe olives and arrange flower fashion on cheese. In the centre place a few globules of red caviar. Green olive slices may be used with black caviar.

### **Caviar Cheese**

1 package (4 ounces) cream cheese	$\frac{1}{4}$ teaspoon pepper
1 teaspoon grated onion	2 tablespoons red caviar

Cream the cheese and add other ingredients. Spread on cocktail biscuits or crackers. May also be used to stuff celery.

*Makes  $\frac{1}{2}$  cup.*

### **Anchovy Cheese Dip**

2 cans (2 ounces each) anchovy fillets	2 tablespoons lemon juice OR $\frac{1}{8}$ teaspoon Tabasco sauce
2 packages (4 ounces each) cream cheese	

Drain anchovies and mash. Cream the cheese until light and fluffy. Add anchovies and lemon juice to cream cheese and blend well. Add a little cold water to make the desired consistency for dunking.

*Makes about  $1\frac{1}{2}$  cups.*

### **Clam Cheese Dip**

1 can (5 ounces) minced clams	1 tablespoon chopped onion
2 packages (4 ounces each) cream cheese, plain or chive	$\frac{1}{4}$ teaspoon salt 2 teaspoons lemon juice

Drain clams and save liquor. Whip cheese until creamy and add minced clams, onion, salt and lemon juice. Gradually beat in about  $\frac{1}{4}$  cup clam liquor until the proper dunking consistency is obtained.

*Makes about  $1\frac{1}{2}$  cups.*

### **Smoked Salmon Dip**

1 can ( $3\frac{3}{4}$ ounces) smoked salmon	1 teaspoon grated onion
1 package (4 ounces) cream cheese	$\frac{1}{2}$ teaspoon celery salt
$\frac{1}{4}$ cup dairy sour cream	

Mash salmon with fork. Soften cream cheese and gradually blend in sour cream, onion and celery salt. Add smoked salmon and mix well.

*Makes about  $\frac{3}{4}$  cup.*

## Crab and Olive Spread

1 cup or 1 can (6 ounces) crab meat, flaked	1 teaspoon Worcestershire sauce
10 large ripe olives, chopped	1 tablespoon lemon juice
2 hard-cooked eggs, finely chopped	1 teaspoon grated lemon rind
¼ cup mayonnaise	2 teaspoons prepared horseradish
	1 teaspoon onion, finely chopped

Combine all ingredients. Serve with assorted crackers.

*Makes 1½ cups.*

## Roly Polies

1 can (14 ounces) chicken haddie	¼ cup chopped pineapple
4 ounces pimiento cheese	1 cup shredded coconut OR
¼ cup chopped almonds	1 cup crushed dry cereal OR
¼ cup chopped gherkins	½ cup chopped nuts

Mix together chicken haddie and cheese. Divide mixture in two. To one part add chopped almonds; to the other part add gherkins and pineapple. Make into small balls and roll in shredded coconut, crushed cereal or chopped nuts.

*Makes 3 dozen.*

## Sardine Puffs

2 cans (3¼ ounces each) sardines	½ teaspoon Worcestershire sauce
48 crisp round crackers	1 teaspoon finely chopped onion
3 egg whites	¾ cup grated Cheddar cheese

Drain sardines and cut into bite-size pieces. Place a piece of sardine in centre of each cracker. Beat egg whites until stiff but not dry. Fold in Worcestershire sauce, onion and cheese. Drop egg white mixture by teaspoon over each sardine. Bake in hot oven (450°F.) until puffy and golden, about 8 minutes.

*Makes 4 dozen canapés.*

## Sardine Fingers

Spread fingers of bread with pimiento cream cheese. Place a small sardine on top and decorate with parsley and/or pimiento.

## Sardine Canapés

Place thinly sliced Cheddar cheese on fingers of buttered bread. Top each finger with a sardine and place under broiler until cheese is golden brown. Garnish with a slice of stuffed olive, a piece of dill pickle, or a strip of pimiento.

## Fish Stick Tidbit

Spread fish sticks with chili sauce. Cut each fish stick in quarters and place in greased pan. Bake in hot oven (450°F.) for 10 minutes. Serve as hot canapé on cocktail picks.

## Oyster Beignets

$\frac{1}{2}$  pint oysters and liquor  
 $\frac{1}{2}$  cup milk  
1 teaspoon salt

$\frac{1}{4}$  cup butter  
1 cup flour  
3 eggs

Simmer oysters in their liquor until edges begin to curl. Drain well and save liquor. Dice oysters finely. Combine the milk,  $\frac{1}{2}$ -cup of oyster liquor, salt and butter; bring to the boil. Add flour all at once and cook, stirring vigorously, until mixture forms a smooth ball and leaves sides of pan, and sticks to spoon. Allow to cool for 5 minutes. Add eggs, one at a time, beating well after each addition. Mix in oysters. Drop by teaspoonfuls into deep fat (375°F.) and fry until golden brown. Serve hot with cocktail sauce. See page 68.

*Makes 48 beignets.*

*Variation:* In place of fresh oysters substitute 2 cans ( $3\frac{1}{3}$  ounces each) smoked oysters, drained and chopped, OR 2 cans (10 ounces each) clams, drained, washed and chopped. In place of oyster liquor, use water OR clam liquor.







## *Soups and Chowders*

Soups are good starters for a meal. Chowders are often served as the main course, and some soups also come under this category. Many soups and chowders are improved in flavour when reheated for another day.

### **Fish Chowder — Fresh or Smoked**

1 pound fillets, fresh or smoked	$\frac{1}{2}$ cup sliced carrots
2 tablespoons butter or other fat	2 cups boiling water
1 medium onion, thinly sliced	1 teaspoon salt
$\frac{1}{2}$ cup diced celery	$\frac{1}{8}$ teaspoon pepper
2 cups diced raw potatoes	2 cups milk

Cut fillets into bite-size pieces. Melt fat in large saucepan and cook onion and celery until tender. Add potatoes, carrots, water, salt and pepper. Cover and simmer 10 to 15 minutes until vegetables are tender. Add fish and cook 10 minutes longer. Add milk. Reheat but do not boil.

*Makes 6 servings.*

### Salt Cod Chowder

1 pound salt cod	3 cups water
$\frac{1}{2}$ cup finely diced fat salt pork	1 teaspoon salt
1 medium onion, thinly sliced	$\frac{1}{4}$ teaspoon pepper
3 cups diced raw potatoes	1 cup canned corn niblets
1 cup diced raw carrots	3 cups heated milk

Freshen salt cod (see page 49) and flake. Fry salt pork in soup kettle until crisp. Remove pork scraps and reserve for garnish. Cook onion in pork fat until tender. Add potatoes, carrots, water, salt and pepper and cook covered about ten minutes, or until vegetables are tender. Add corn and heated milk and freshened salt cod. Bring chowder to simmering temperature, but do not boil. Garnish with the pork scraps.

*Makes 8 to 10 servings.*

### Perky Cod Chowder

1 pound salt cod	$\frac{3}{4}$ cup tomato catsup
$\frac{1}{4}$ cup fat	$\frac{3}{4}$ cup packaged precooked rice
$\frac{1}{2}$ cup chopped onion	Spice bag with 2 tablespoons
$\frac{1}{2}$ cup diced celery	pickling spice and 2 cloves
$\frac{1}{3}$ cup diced green pepper	garlic, quartered
$3\frac{1}{2}$ cups water	$\frac{1}{2}$ teaspoon paprika
1 can (20 ounces) tomatoes	2 to 4 drops Tabasco sauce
1 can (20 ounces) tomato juice	1 teaspoon Worcestershire sauce

Freshen salt cod (see page 49) and flake. Melt fat in large saucepan and cook onion, celery, and green pepper until tender. Add water, tomatoes, tomato juice, catsup and rice. Tie spices and garlic in cheese-cloth bag and add to soup. Simmer for 30 minutes. Add paprika, Tabasco sauce, Worcestershire sauce and flaked fish. Reheat and remove spice bag before serving.

*Makes 12 to 15 servings.*

### Maritime Clam Chowder

1 pint clams and liquor OR canned clams (20 ounces)	2 cups liquid (clam liquor plus water to make volume)
$\frac{1}{4}$ cup finely diced salt pork OR bacon	2 cups rich milk
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ teaspoon salt
1 cup diced potatoes	$\frac{1}{8}$ teaspoon pepper
	1 tablespoon chopped parsley

Drain clams and save liquor. Fry salt pork or bacon in deep saucepan until crisp. Remove scraps from pan and save for use as garnish. Cook onion until tender in bacon fat. Add potatoes and liquid. Cover and simmer for 10 to 15 minutes until potatoes are tender. Chop clams if desired. Add clams, milk, salt and pepper and bring to simmering temperature, but do not boil. When serving, add salt pork or bacon scraps and garnish with parsley. A small piece of butter (about 1 teaspoon) may be placed in each soup plate before serving the chowder.

*Makes 6 servings.*

## West Coast Clam Chowder

1 pint clams and liquor OR canned clams (20 ounces)	2 cups liquid (clam liquor plus water to make volume)
½ cup finely diced salt pork OR bacon	1 can (20 ounces) tomatoes
1 medium onion, thinly sliced	1 teaspoon salt
1 cup diced raw potatoes	¼ teaspoon pepper
½ bay leaf	¼ teaspoon thyme

Drain clams and save liquor. Fry salt pork or bacon in deep saucepan until crisp. Add onion and cook about 5 minutes until tender. Add potatoes, bay leaf and liquid. Cover and simmer for 10 to 15 minutes until potatoes are tender. Chop clams if desired. Add tomatoes, clams and seasonings, and bring to simmering temperature but do not boil.

*Makes 6 servings.*

## Lobster Bisque

1 can (14 ounces) frozen lobster meat	1½ teaspoons salt
1 medium onion, sliced	1½ tablespoons chopped pimiento
6 cups milk	¾ cup heavy cream
⅓ cup butter or other fat	3 tablespoons dry sherry
⅓ cup flour	Cayenne to taste

Thaw lobster and cut into bite-size pieces. Scald onion and milk in double boiler. Cook fat, flour and salt in saucepan. Remove onion from milk. Add milk gradually to fat-flour mixture. Cook and stir until slightly thickened. Add lobster and pimiento. Heat in double boiler for 10 minutes. Add cream and sherry, and cayenne to taste before serving.

*Makes 8 to 10 servings.*

## Lobster Chowder

2 cups or 2 cans (5 ounces each) lobster meat	2 cups boiling water
2 medium onions, chopped	3 cups milk, heated
¼ cup butter or other fat	1½ teaspoons salt
2 medium potatoes, diced	¼ teaspoon pepper

Cut lobster into bite-size pieces. In saucepan cook onions in fat until tender. Add potatoes and water. Simmer covered for 10-15 minutes or until potatoes are tender. Add lobster, heated milk and seasonings. Bring to simmering temperature.

*Makes 6 servings.*



## Halibut and Onion Soup

1 pound halibut	2 tablespoons flour
4 chicken bouillon cubes	$\frac{1}{2}$ teaspoon salt
4 cups boiling water	Few grains pepper
4 cups sliced onion	$\frac{1}{2}$ cup grated cheese
$\frac{1}{4}$ cup butter or other fat, melted	

Remove skin and bone if using steaks; cut halibut into bite-size pieces. Dissolve bouillon cubes in boiling water. Cook onion in fat until tender. Blend in flour and seasonings. Add bouillon gradually and heat to boiling point, stirring constantly. Add fish and simmer for 10 minutes. Garnish with cheese sprinkled over top.

*Makes 5 or 6 servings.*



## Oyster Stew

1 pint oysters and their liquor	1 $\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon pepper
1 quart (5 cups) milk, scalded	$\frac{1}{8}$ teaspoon nutmeg (optional)

Add oysters and liquor to butter, simmer until their edges begin to curl. This will take only about 3 minutes. Scald milk and add oysters and seasonings. Serve immediately.

*Makes 6 servings.*



## Pink Salmon Bisque

1 can (15½ ounces) salmon	3 cups liquid (salmon liquid plus milk to make volume)
¼ cup chopped onion	1 cup tomato juice
¼ cup diced celery	2 tablespoons chopped parsley (optional)
¼ cup butter or other fat	
3 tablespoons flour	
1½ teaspoons salt	

Drain and flake salmon, saving liquid. Cook onion and celery in fat until tender. Blend in flour and salt. Add liquid gradually. Cook and stir until thickened. Stir in tomato juice and flaked salmon; reheat. Garnish with chopped parsley if desired.

*Makes 6 servings.*

## Scallop Bisque

1 pound scallops	2 cups milk
1 whole clove	¼ teaspoon salt
Piece of bay leaf	Few grains of pepper
6 peppercorns	3 tablespoons butter or other fat
1 tablespoon chopped onion	2 tablespoons flour

Chop scallops into ½-inch pieces. Place clove, bay leaf, peppercorns and chopped onion in cheesecloth bag. Add to milk along with salt, pepper and 1 tablespoon of fat. Cook for 10 minutes. Add scallops and cook 10 minutes longer. Cream together in a bowl 2 tablespoons fat and flour. Add to bisque; cook and stir until smooth and slightly thickened.

*Makes 4 or 5 servings.*

## Bouillabaisse

¼ cup salad oil	1 tablespoon chopped parsley
3 medium onions, chopped	1 bay leaf
3 cloves garlic, crushed	3 pounds fish fillets (1 pound each of 3 varieties)
8 cups cold water	1 cup white wine OR ¼ cup lemon juice
1 cup canned or fresh tomatoes	1 pound cooked or canned lobster OR crab meat
1 teaspoon salt	Toast OR French bread
½ teaspoon pepper	
¼ teaspoon savory	
¼ teaspoon thyme	
¼ teaspoon saffron	

Heat oil and in it cook onions and garlic over low heat until onions are tender. Add cold water, tomatoes, seasonings and herbs. Heat to boiling point. Slice 3 pounds of raw fish into serving-size pieces, and add fish to heated broth. Then add white wine or lemon juice. Cover and simmer until fish is cooked. This will take about 10 minutes, if pieces of fish are unfrozen and not more than 1 inch thick. Add lobster or crab meat and heat a few minutes longer. Strain fish broth into soup tureen. Arrange cooked fish on heated platter. To serve, ladle broth into soup plates each containing triangles of toast or crisped French bread. Add pieces of fish to broth.

*Makes 8 to 10 servings.*

## Sauces

Fish dishes may be enhanced with appetizing and colourful sauces. Sauces add extra flavour and variety. Creamy rich sauces blend well with fish which have a low fat content. Bright sauces add interest to white-fleshed fish, and sauces with tart and unusual seasonings bring out the delicate flavour.

### White Sauce

2 tablespoons butter or other fat	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	Few grains pepper
1 cup milk	

Melt fat over low heat or in top of double boiler. Mix in flour; cook, stirring until mixture is smooth and bubbly. Add milk gradually, stirring constantly until thickened. Add seasonings. Cook a few minutes longer for best flavour.

*Egg Sauce:* Add 1 or 2 chopped, hard-cooked eggs to 1 cup of white sauce. If desired, 2 tablespoons chopped parsley may be added.

*Cheese Sauce:* Add  $\frac{1}{2}$ -cup grated Cheddar cheese to 1 cup of white sauce.

*Tomato Sauce:* Use 1 cup of tomato juice in place of milk in white sauce.

For a spicy sauce, simmer  $1\frac{1}{4}$  cups tomato juice with 1 slice of onion, 2 cloves and 1 bay leaf. Strain. Complete as for white sauce.

*Makes 1 cup.*

### Caper Sauce

2 tablespoons butter or other fat	2 tablespoons capers
2 tablespoons flour	1 tablespoon caper liquid
$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{4}$ cup dairy sour cream
1 cup milk	

Melt fat in top of double boiler. Blend in flour, salt and pepper. Gradually add milk and stir until thickened. Add capers and caper liquid. Remove from heat and stir in lemon juice and sour cream. Chopped parsley or paprika may be added for colour.

*Makes  $1\frac{1}{4}$  cups.*

### Cheese Olive Sauce

2 tablespoons butter or other fat	$\frac{1}{2}$ teaspoon salt
1 tablespoon chopped onion	1 cup milk
$\frac{1}{4}$ cup diced celery	$\frac{1}{2}$ cup grated Cheddar cheese
2 tablespoons flour	$\frac{1}{4}$ cup sliced stuffed olives

In saucepan, melt fat and add onion and celery. Cook slowly until tender. Stir in flour and salt. Slowly pour in milk, stirring constantly until thickened. Add cheese and stir until melted. Mix in sliced olives.

*Makes about  $1\frac{1}{2}$  cups.*

### Dill Sauce

2 tablespoons butter or other fat	$\frac{1}{2}$ cup boiling water
3 tablespoons finely chopped onion	1 cup evaporated milk
$\frac{1}{2}$ teaspoon dill seeds	$\frac{1}{4}$ teaspoon salt
1 tablespoon finely chopped parsley	Few grains pepper
1 tablespoon flour	1 tablespoon lemon juice

In saucepan, melt fat and add onion and dill seeds. Cook until onion is tender. Stir in parsley and flour. Blend in boiling water, and cook and stir until thickened. Gradually add milk and reheat. Add salt and pepper. Stir in lemon juice just before serving.

*Makes  $1\frac{1}{2}$  cups.*

### Lemon Sauce

$\frac{1}{4}$ cup mayonnaise	1 teaspoon grated lemon rind
2 tablespoons flour	1 tablespoon chopped parsley
1 cup milk	$\frac{1}{4}$ teaspoon salt
1 tablespoon lemon juice	

Blend mayonnaise and flour in saucepan. Stir in milk, and cook until thickened. Slowly add lemon juice. Stir in grated rind, parsley and salt.

*Makes  $1\frac{1}{4}$  cups.*

### Lemon Parsley Butter Sauce

2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
2 tablespoons chopped parsley	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup melted butter	

Add lemon juice and parsley to melted butter. Season. This sauce may be served separately or baked on fish. Lime juice may be substituted for lemon juice.

*Makes enough for 6 servings.*

### Cucumber Dressing

1 medium cucumber	$\frac{1}{2}$ cup whipping cream
$\frac{1}{4}$ teaspoon salt	2 tablespoons vinegar

Peel cucumber, chop finely and season with salt. Allow to drain thoroughly. Beat cream until thick but not stiff. Add vinegar gradually and continue beating until mixture is stiff. Fold in drained cucumber.

*Makes about 1 cup.*

### Sour Cream Dressing

2 tablespoons vinegar	1 teaspoon sugar
$\frac{1}{2}$ teaspoon salt	1 cup dairy sour cream

Beat vinegar, salt and sugar into sour cream. Chill.

*Makes 1 cup.*

### **Zesty Mustard Sauce**

2 tablespoons butter or other fat	$\frac{1}{4}$ cup prepared mustard
1 tablespoon flour	$\frac{1}{2}$ cup dairy sour cream

Melt fat in top of double boiler. Blend in flour and mustard. Cook until thickened, stirring constantly. Stir in sour cream and heat.

*Makes enough for 1 package (10 ounces) fish sticks.*

### **Good and Easy Basting Sauce**

$\frac{1}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon garlic salt
3 tablespoons lemon juice	$\frac{1}{4}$ teaspoon pepper
1 tablespoon Worcestershire sauce	

Melt butter and combine with other ingredients in a covered jar. Shake well before using.

*Makes about  $\frac{1}{2}$  cup.*

### **Sweet and Sour Sauce**

3 tablespoons cornstarch	1 cup vinegar
1 cup sugar	1 can (10 ounces) consommé
$\frac{1}{4}$ teaspoon garlic powder	1 bottle (11 ounces) catsup

Mix cornstarch, sugar and garlic powder. Stir in remaining ingredients. Cook and stir over medium heat until thick and smooth. Cook 10 minutes longer, stirring occasionally.

*Makes 4 cups.*

### **Orange Soy Sauce**

$\frac{1}{4}$ cup white sugar	$\frac{1}{4}$ cup sherry OR 2 tablespoons lemon juice
2 tablespoons cornstarch	$\frac{3}{4}$ cup orange juice
2 tablespoons butter or other fat	Slivered orange peel
3 tablespoons soy sauce	(from $\frac{1}{2}$ medium orange)
$\frac{1}{2}$ cup water	
$\frac{1}{4}$ cup vinegar	

Mix sugar and cornstarch. In saucepan, melt fat, add soy sauce, water, vinegar, sherry or lemon juice, orange juice and orange peel. Stir in sugar-cornstarch mixture; then cook and stir until sauce becomes clear and thickened.

*Makes  $1\frac{3}{4}$  cups.*

### **Quick Chili Sauce**

$\frac{1}{4}$ cup chopped onion	$\frac{1}{4}$ teaspoon cinnamon
1 cup canned tomatoes	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup vinegar	1 tablespoon cornstarch
$\frac{1}{2}$ teaspoon salt	1 tablespoon water

Combine onion, tomatoes, vinegar, salt, cinnamon, sugar and bring to a boil. Dissolve cornstarch in water and add to sauce. Cook and stir until thickened.

*Makes about  $1\frac{1}{4}$  cups.*





### Apple Curry Sauce

- |  |                             |
|--|-----------------------------|
| 1 tart apple, chopped<br>(about 1 cup)               | 1 teaspoon curry powder     |
| 1 medium onion, chopped<br>(about $\frac{3}{4}$ cup) | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter or other fat                    | 1 tablespoon flour          |
|  | $\frac{3}{4}$ cup milk      |

Cook apple and onion in fat for about 5 minutes or until soft. Blend seasonings with flour and sprinkle over mixture. Add milk slowly and stir constantly until sauce has thickened. Serve hot.

*Makes 1 cup.*

### Tomato Sauce

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 2 tablespoons chopped onion       | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons butter or other fat | 6 peppercorns                 |
| 2 tablespoons flour               | 1 bay leaf                    |
| 1 teaspoon sugar                  | 1 can (20 ounces) tomatoes    |
| 1 teaspoon salt                   |                               |

Cook onion in fat until tender. Stir in flour and cook until bubbly. Add sugar and seasonings. Slowly add tomatoes; then cook and stir until thickened. Simmer 5 minutes. Remove peppercorns and bay leaf before serving.

*Makes 2 cups.*

### Louis Dressing

1 cup mayonnaise  
¼ cup French dressing  
1 cup chili sauce OR catsup

2 tablespoons finely chopped onion  
1 teaspoon prepared horseradish  
1 teaspoon Worcestershire sauce

Mix ingredients well. Chill.

*Makes 1½ cups.*

### Tartar Sauce

1 cup mayonnaise  
1 tablespoon chopped capers  
1 tablespoon chopped olives

1 tablespoon chopped pickles  
1 tablespoon chopped parsley  
(optional)

Combine all ingredients just before serving.

*Makes 1¼ cups.*

### Easy Hollandaise Sauce

3 egg yolks  
¼ teaspoon salt  
2 tablespoons lemon juice  
OR vinegar

⅓ cup butter or margarine,  
melted  
¼ cup boiling water

Beat egg yolks lightly. Add salt and lemon juice or vinegar. Stir in melted butter and then add boiling water. Place over hot, but not boiling, water. Stir and cook until thickened, about 5 minutes. This sauce may be reheated when needed.

*Makes ¾ cup.*

### Cocktail Sauce I

½ cup chili sauce  
½ cup catsup

⅓ cup prepared horseradish  
1½ teaspoons Worcestershire sauce

Mix ingredients and chill before serving.

*Makes 1¼ cups.*

### Cocktail Sauce II

3 onions, grated  
½ cup sugar  
1 cup salad oil  
1 cup vinegar

1 cup catsup  
1 teaspoon salt  
1 teaspoon dry mustard  
2 teaspoons Worcestershire sauce

Measure ingredients into bottle with tightly fitted cover. Shake well and store in cold place.

*Makes 3½ cups.*



## Casseroles

Casseroles have special appeal for many homemakers because they may be prepared in advance. They require very little attention while baking. Most casseroles can be easily kept warm, if family or guests are tardy at mealtime. The cooked casserole may be set on the table for convenience in serving.

### Fish Soufflé Casserole

- |  |                          |
|--|--------------------------|
| 1 pound cooked fillets                 | 1 cup green peas, cooked |
| 2 cups seasoned mashed potatoes        | 1 cup medium white sauce |
| $\frac{1}{4}$ cup finely chopped onion | 2 egg whites, beaten     |

Flake fish. Combine potatoes and onion and place in bottom of greased 2-quart casserole. Cover with peas. Add fish to white sauce. Fold in beaten egg whites and pour over vegetables. Bake in moderate oven (350°F.) for 45 minutes or until top is golden brown.

*Makes 6 servings.*

### Aunt Libby's Casserole

- |  |   |
|--|---|
| 2 cups cooked flaked fish<br>(1 pound) | 1 can (10 ounces) cream of<br>tomato soup |
| 2 cups cooked rice                     | $\frac{1}{2}$ cup milk                    |
| $\frac{3}{4}$ cup chopped onion        | 2 cups potato chips,<br>coarsely crushed  |
| $\frac{1}{4}$ cup diced green pepper   |   |
| 2 tablespoons butter or other fat      |   |

Flake fish and add to rice. Cook onion and green pepper in fat until tender. Add to fish and rice mixture and mix lightly. Blend soup and milk. Place half of the potato chips in bottom of greased 2-quart casserole. Cover with alternate layers of fish and soup mixture. Top with remaining potato chips. Bake in moderate oven (350°F.) for 20 to 30 minutes.

*Makes 6 servings.*

### Tuna Potato Scallop

- |   |                                 |
|---|---------------------------------|
| 1 can (6 or 7 ounces) tuna                  | $\frac{1}{2}$ cup milk          |
| 3 medium potatoes, peeled                   | Few grains pepper               |
| 1 medium onion, sliced                      | 2 teaspoons butter or other fat |
| 1 can (10 ounces) cream of<br>mushroom soup |                                 |

Drain and flake tuna. Slice potatoes thinly. Arrange potatoes, tuna and onion in alternate layers in greased 1½-quart casserole beginning and ending with a layer of potatoes. Blend soup, milk and pepper. Pour combined liquid ingredients over contents of casserole. Dot with fat. Bake in moderate oven (375°F.) for 1 hour or until potatoes are tender.

*Makes 4 or 5 servings.*



### Sheila's Tuna Casserole

- |                                   |   |
|-----------------------------------|---|
| 1 can (6 or 7 ounces) tuna        | 1 cup milk                                  |
| 1 cup cooked rice                 | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 1 cup green peas, cooked          | $\frac{1}{2}$ teaspoon salt                 |
| $\frac{1}{2}$ cup chopped onion   | Few grains pepper                           |
| 2 tablespoons butter or other fat | 2 fresh tomatoes, thinly sliced             |
| 2 tablespoons flour               | $\frac{1}{2}$ cup grated Cheddar cheese     |

Drain and flake tuna. Spread rice on bottom of greased  $1\frac{1}{2}$ -quart casserole and cover with peas and tuna. Cook onion in fat until tender. Sprinkle with flour and blend in milk to make white sauce. Add seasonings. Pour sauce over tuna and arrange tomato slices on top. Sprinkle with cheese. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 20 to 30 minutes or until hot and bubbly.

*Makes 4 servings.*

### Trout Casserole

- |   |   |
|---|---|
| 2 cans ( $7\frac{1}{2}$ ounces each)<br>lake trout or 2 cups cooked<br>lake trout | 2 cups milk                                 |
| 6 tablespoons butter or other fat   | 1 cup cooked peas                           |
| 6 tablespoons flour   | $\frac{1}{4}$ cup sliced stuffed olives     |
|   | $\frac{1}{4}$ cup buttered crumbs           |
|   | $\frac{1}{4}$ cup blanched slivered almonds |

Flake fish and crush bones. Make white sauce with fat, flour, and milk. Add trout, peas and olives. Place in greased  $1\frac{1}{2}$ -quart casserole and top with buttered crumbs and almonds. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 20 to 30 minutes or until hot and bubbly.

*Makes 6 servings.*



### Salmon Almond Casserole Deluxe

1 can (7¾ ounces) salmon	¾ cup liquid (liquid from canned salmon plus milk to make volume)
1 cup cooked rice	
½ cup chopped onion	
2 tablespoons diced green pepper	1¾ cups coarsely crushed potato chips
2 tablespoons butter or other fat	
1 can (10 ounces) cream of mushroom soup	¼ cup blanched almonds

Drain salmon and save liquid. Flake salmon and crush bones. Combine salmon with rice. Cook onion and green pepper in fat until tender. Add to salmon mixture. Mix soup and liquid until smooth. Place half the potato chips in greased 1½-quart casserole and cover with alternate layers of salmon and soup mixtures. Cover with remaining potato chips. Sprinkle with almonds. Bake uncovered in moderate oven (350°F.) for 20 to 30 minutes.

*Makes 5 or 6 servings.*

### Fish Stick Casserole

1½ cups precooked packaged rice	1 teaspoon salt
1 can (20 ounces) tomatoes	¼ teaspoon oregano
½ cup water	1 cup grated Cheddar cheese
¼ cup chopped onion	1 package (8 ounces) fish sticks

Simmer rice, tomatoes, water, onion, salt and oregano for 5 minutes. Pour into greased 1½-quart casserole. Sprinkle with cheese. Top with single layer of fish sticks. Bake in moderately hot oven (400°F.) 15 minutes until fish sticks are brown.

*Makes 5 or 6 servings.*

### Sardine Casserole

3 cans (3¼ ounces each) sardines in tomato sauce	¾ cup milk
2 cups uncooked noodles	¼ teaspoon salt
2 cups or 1 package frozen mixed vegetables, cooked	⅓ teaspoon pepper
2 tablespoons chopped onion	2 tablespoons melted butter or other fat
	¼ cup crushed cornflakes

Break sardines into bite-size pieces. Cook noodles until tender and drain. In greased 1½-quart casserole place layers of noodles, sardines in tomato sauce, mixed vegetables and onion. Mix milk, salt, pepper and fat, and pour over casserole. Top with cornflakes. Bake in moderate oven (350°F.) for 20 to 30 minutes.

*Makes 4 or 5 servings.*





### Salt Cod and Rice Casserole

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 2 cups (1 pound) salt cod        | 1½ cups thin white sauce          |
| 1½ cups cooked rice              | ¼ cup chopped tomatoes            |
| 2 tablespoons chopped onion      | 1 cup soft bread crumbs, buttered |
| 2 tablespoons diced green pepper |                                   |

Freshen cod (see page 49.) Flake cod. Place  $\frac{3}{4}$  cup of rice in bottom of greased  $1\frac{1}{2}$ -quart casserole and cover with all the cod. Sprinkle with onions and green pepper. Add  $\frac{3}{4}$  cup of white sauce and remainder of cooked rice. Pour remainder of white sauce over rice and sprinkle with tomato. Top with buttered crumbs. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 20 to 30 minutes or until bubbling hot and crumbs are browned.

*Makes 6 servings.*

*Note:* Salt turbot may be substituted for salt cod.

Freshen and cook as salt cod.

### Kippered Herring Casserole

- |  |   |
|--|---|
| 2 cans (7 ounces each)<br>kippered herring | 1 can (10 ounces) cream of<br>celery soup |
| 4 cups or 4 ounces uncooked<br>noodles     | ½ soup can of milk                        |
|  | 1 cup soft bread crumbs, buttered         |

Remove skin from kippers, and break kippers into bite-size pieces. Cook noodles in boiling salted water until tender; drain. Combine noodles and kippers in greased  $1\frac{1}{2}$ -quart casserole. Mix soup and milk together and pour over noodle mixture. Top with bread crumbs. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) for 20 to 30 minutes or until hot.

*Makes 6 servings.*

## *Luncheon and Supper Dishes*

Try these quick, easy and economical fish dishes for either luncheon or supper. You will be surprised at the variety.

### **Baked Seafood Salad**

1 cup cooked crab meat	$\frac{3}{4}$ cup mayonnaise
1 cup cooked shrimp	1 tablespoon lemon juice
1 cup diced celery	$\frac{1}{8}$ teaspoon Worcestershire sauce
$\frac{3}{4}$ cup diced green pepper	$\frac{1}{4}$ cup crushed potato chips
2 tablespoons finely chopped onion	$\frac{1}{4}$ cup grated cheese

Combine crab meat, shrimp, celery, green pepper, and onion. To mayonnaise, add lemon juice and Worcestershire sauce. Combine the two mixtures and place in greased 1-quart casserole or in individual casseroles. Sprinkle potato chips and grated cheese on top. Bake in moderate oven (350°F.) until heated through, 15 to 20 minutes.

*Makes 4 or 5 servings.*

### **Salmon Soufflé**

1 can (15½ ounces) salmon	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter or other fat	$\frac{1}{8}$ teaspoon pepper
4 tablespoons flour	3 egg yolks, beaten
1 cup liquid (liquid from salmon plus milk to make volume)	3 egg whites, beaten

Drain salmon and save liquid. Flake salmon and crush bones. Cook butter and flour until bubbly. Add liquid gradually. Cook and stir until thick and smooth. Season with salt and pepper. Cool slightly and fold in egg yolks and flaked salmon. Fold beaten egg whites into mixture. Pour into ungreased 1½-quart casserole. Place casserole in shallow pan of hot water and oven-poach in moderate oven (350°F.) for 45 minutes or until set and lightly browned.

*Makes 5 or 6 servings.*

### **Salmon Pie**

1 can (15½ ounces) salmon	1 tablespoon chopped parsley
$\frac{1}{2}$ cup soft bread crumbs	2 eggs, slightly beaten
1 teaspoon finely chopped onion	1 cup liquid (liquid from canned salmon plus milk to make volume)
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{2}$ teaspoon garlic salt	
1 teaspoon lemon juice	

Drain salmon and save liquid. Flake salmon and crush bones. Add bread crumbs, onion, salt, garlic salt, lemon juice and parsley. Add eggs, and mix well. Combine liquid with salmon mixture. Bake in greased 8-inch pie pan for 45 minutes in moderate oven (350°F.).

*Makes 6 servings.*



### Stuffed Salmon Loaf

2 cans (15½ ounces each) salmon  
 1 cup chopped celery  
 1 cup chopped onion  
 ¼ cup butter or other fat  
 ¼ teaspoon pepper

⅓ teaspoon tarragon (optional)  
 2 tablespoons sliced olives  
 2 cups soft bread crumbs  
 Paprika

Flake salmon and crush soft bones with a fork. Combine flaked salmon and salmon liquid. Place half the salmon in greased loaf pan (9" x 5" x 3"). Spread with dressing. Top with remaining salmon and sprinkle with paprika. Bake in moderately hot oven (400°F.) for 30 minutes.

*Dressing:* Cook celery and onion in fat until tender (about 10 minutes). Add seasoning and olives. Toss with bread crumbs.

*Makes 6 to 8 servings.*

### Smoked Salmon Scramble

¼ pound smoked salmon or 1 can  
 (3⅓ ounces) smoked salmon  
 6 eggs  
 ¼ cup milk

1 tablespoon butter or other fat  
 1 tablespoon chopped parsley  
 (optional)

Cut or break salmon into small pieces. Beat eggs slightly and add milk and salmon. Pour into hot frying pan, containing fat, and stir slowly until cooked. Garnish with chopped parsley.

*Makes 3 or 4 servings.*



### Tuna Alla Genovese

1 can (6 or 7 ounces) tuna	1 tablespoon chopped onion
½ can (2 ounce size) anchovy filets	½ clove garlic, minced
¼ cup sliced ripe olives	1 can (8 ounces) tomato sauce
	4 cups cooked spaghetti

Drain and flake tuna. Chop anchovies. In a saucepan, cook tuna, anchovies, ripe olives, onion, garlic and tomato sauce until sauce begins to bubble. Serve over hot cooked spaghetti.

*Makes 4 servings.*

### Tuna Tomato Strata

2 cans (6 or 7 ounces each) tuna	1½ cups milk
12 slices bread	1 teaspoon salt
2 tablespoons finely chopped onion	¼ teaspoon chili powder
1 can (8 ounces) tomato sauce	Few grains pepper
4 eggs, well beaten	

Drain and flake tuna. Remove crusts from bread and arrange 6 slices, in single layer, in shallow, greased baking dish. Spread each slice of bread with tuna, sprinkle with chopped onion, and pour tomato sauce over all. Complete sandwiches with remaining 6 slices of bread. To beaten eggs, add milk and seasonings, and stir until well blended. Pour mixture over sandwiches and set aside for ½ hour to allow bread to absorb liquid. Bake uncovered in moderate oven (350°F.) for 25 minutes.

*Makes 6 servings.*

### Tuna Skillet Dish

2 cans (6 or 7 ounces each) tuna	½ pint dairy sour cream
½ teaspoon garlic salt	3 cups cooked rice
1½ teaspoons paprika	

Drain tuna and save 2 tablespoons oil. In skillet, heat tuna in oil. Sprinkle with seasonings. Stir in sour cream and bring to a simmer. Serve over hot cooked rice.

*Makes 4 to 6 servings.*

### Fish Sticks Creole

1 package (16 ounces) fish sticks	1 can (20 ounces) tomatoes
1 green pepper, thinly sliced	½ teaspoon salt
2 tablespoons fat	¼ teaspoon oregano
½ cup finely chopped onion	½ teaspoon chili powder
2 cloves garlic, minced (optional)	½ cup sliced black olives

Separate fish sticks. Cook green pepper in fat until tender, about 5 minutes. Remove from pan. Cook onion and garlic until tender, about 5 minutes. Add tomatoes, seasonings and olives, and simmer for 10 minutes. Pour tomato mixture into greased baking dish and place fish sticks on top. Garnish with green pepper. Bake in moderately hot oven (400°F.) for 15 minutes or until fish sticks are cooked.

*Makes 4 to 6 servings.*

### **Fish Sticks Indian Style**

1 package (16 ounces) fish sticks	1 can (10 ounces) cream of
$\frac{1}{4}$ cup finely chopped onion	celery soup
2 tablespoons fat	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ teaspoon curry powder	3 cups cooked rice

Bake fish sticks in hot oven (450°F.) for 10 minutes. Cook onion in fat until tender, about 3 minutes. Stir in curry powder. Add soup and milk gradually, stirring until well blended. Simmer for 10 minutes, stirring occasionally. Place fish sticks on rice and top with sauce.

*Makes 4 to 6 servings.*

### **Tomato Cod Supper Dish**

2 cups cooked cod	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup diced celery	$\frac{1}{2}$ teaspoon paprika
2 tablespoons diced green pepper	$\frac{1}{2}$ teaspoon tarragon
1 clove garlic, crushed	1 can (6 ounces) tomato paste
$\frac{1}{4}$ cup butter or other fat	1 can (28 ounces) tomatoes

Flake cod. Cook celery, green pepper and garlic in fat. Add salt, paprika, tarragon, tomato paste and tomatoes. Blend and simmer 15 minutes. Add fish and serve in rice ring (see below).

### **Rice Ring**

1½ cups uncooked OR
4½ cups cooked rice

When rice is cooked, pack into greased ring mould. Let set for a few minutes, then turn out on plate.

*Makes 6 servings.*

### **Sardine Welsh Rarebit**

2 cans (3¼ ounces each)	$\frac{1}{2}$ teaspoon Worcestershire sauce
smoked sardines in oil	1 cup grated Cheddar cheese
2 tablespoons flour	4 slices toast
1 cup milk	

Drain sardines and combine oil with flour in top of double boiler. Add milk gradually and cook and stir until thickened. Add Worcestershire sauce and grated cheese. Stir until cheese has melted. Heat sardines in frying pan and arrange on four slices of toast. Top with cheese sauce.

*Makes 4 servings.*



### Sardine Stuffed Peppers

2 cans (3 $\frac{1}{4}$ ounces each)	1 can (8 ounces) tomato sauce
sardines in tomato sauce	1 egg, well beaten
6 medium green peppers	1 teaspoon salt
2 cups cooked rice	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup chopped onion	

Break sardines into bite-size pieces. Cut off slice from stem end of peppers and remove seeds. Parboil peppers for 10 minutes and drain. Combine sardines, rice, onion, tomato sauce, egg, salt and pepper, and fill green peppers with this mixture. Top with buttered crumbs if desired. Place in greased baking dish and bake in moderately hot oven (400°F.) for 15 minutes.

*Makes 6 servings.*

### Fish and Potato Pancakes

1 pound fresh fillets	2 tablespoons flour
3 medium raw potatoes	1 $\frac{1}{2}$ teaspoons salt
2 eggs, well beaten	2 tablespoons finely chopped onion

Cut fish into small pieces. Coarsely grate potatoes. Combine all ingredients and mix thoroughly. Drop from tablespoon into greased, hot frying pan. Flatten slightly with spatula and cook until golden brown and crisp on one side (about 5 minutes). Turn and brown the other side (about 5 minutes).

*Makes 12 pancakes.*

### Halibut Pudding

2 pounds halibut	$\frac{1}{2}$ pint heavy cream
3 egg whites, beaten	$\frac{1}{2}$ teaspoon salt

Remove skin and bones from halibut and grind fish very finely. Fold in beaten egg whites. Stir in heavy cream and salt. Pour into greased 1 $\frac{1}{2}$ -quart casserole. Oven-poach in moderate oven (350°F.) for 1 hour. Serve with Hollandaise sauce (see page 68).

*Makes 6 servings.*

### Individual Hangtown Fry

4 or 5 medium oysters	Few grains onion salt
2 eggs	Few grains pepper
$\frac{1}{3}$ cup oyster liquor	2 slices bacon, diced

Simmer oysters in their liquor until their edges begin to curl. Drain and dice oysters. Save  $\frac{1}{3}$  cup oyster liquor. Beat eggs slightly and add liquor and seasonings. Panfry bacon in small frying pan, add oysters and cover with egg mixture. When edges of mixture begin to set, finish cooking in moderately hot oven (400°F.) or under broiler until firm.

*Makes 1 serving.*

## Gefilte Fish

### *Fish Balls*

5 pounds freshwater fish (2 or 3 varieties)	2 eggs, beaten
1 onion	2 teaspoons salt
1 carrot	$\frac{1}{4}$ teaspoon pepper

### *Stock*

Head, tail, bones and skin	2 teaspoons salt
2 onions, sliced	$\frac{1}{2}$ teaspoon pepper
2 carrots, sliced	6 cups cold water
2 celery stalks, diced	

To make fish balls, wash, fillet and skin fish, saving heads, tails, bones and skins. Put fillets, together with onion and carrot, through food chopper. To minced fish and vegetables add eggs, salt and pepper. Mix ingredients until well blended. Shape into balls about  $1\frac{1}{2}$  inches in diameter. Cook in stock as follows: in bottom of large pot, place fish heads, tails, bones and skins, and cover with onions, carrots and celery. Sprinkle with salt and pepper and place fish balls on top. Add water and cover pot, bringing liquid quickly to the boil; when water boils, remove cover and reduce heat. Simmer for 2 hours. Remove fish balls to serving platter and strain stock over them. Serve either hot or cold. When chilled the stock becomes jellied.

*Makes 16-18 balls.*

## Ocean Perch and Vegetable Pie

1 pound ocean perch fillets	1 can (10 ounces) condensed vegetable soup
2 tablespoons fat	$\frac{1}{2}$ soup can water
2 tablespoons flour	Pastry for a one-crust pie
$\frac{1}{4}$ teaspoon salt	
Few grains pepper	

Wrap fillets in aluminum foil or parchment paper and simmer in water. See "How to Cook in Water", page 31. Cool slightly, remove skin and flake fish. In saucepan, melt fat and add flour, salt and pepper. Slowly add soup and water; cook and stir until thick and smooth. Add fish and pour into greased 1-quart casserole. Cover with pastry, rolled about  $\frac{1}{4}$  inch thick and pricked to allow steam to escape. Bake in hot oven (450°F.) for 20 to 25 minutes or until pastry is lightly browned.

*Makes 4 or 5 servings.*





### Fish à la Crème

2 pounds fillets	Few grains pepper
2 tablespoons butter or other fat	Few grains nutmeg
2 tablespoons flour	2 tablespoons finely chopped onion
1½ cups milk	1 tablespoon chopped parsley
¼ teaspoon sugar	3 eggs, separated
½ teaspoon salt	2 tablespoons lemon juice

Place fillets on greased baking dish. In double boiler, make white sauce with fat, flour, milk, sugar, seasonings, onion and parsley. Stir until thick and smooth. Mix a little of hot sauce into egg yolks and blend thoroughly. Add egg yolk mixture to white sauce. Cook, stirring constantly for about 2 minutes. Add lemon juice. Strain sauce over fish. Beat egg whites until they form stiff peaks. Spread over fish and bake in moderate oven (350°F.) for 30 minutes.

*Makes 6 servings.*

### Maytime Smoked Fillets

1 pound smoked fillets	½ teaspoon pepper
¼ cup butter or other fat	¼ teaspoon Worcestershire sauce
¼ cup flour	2 cups milk
½ teaspoon dry mustard	1 pound fresh asparagus
1 teaspoon salt	6 slices toast

Wrap fillets in aluminum foil or parchment paper and cook in boiling water. See "How to Cook in Water", page 31. Make a white sauce with fat, flour, seasonings, Worcestershire sauce and milk. Prepare and cook asparagus in boiling salted water for about 10 minutes. Arrange asparagus on toast. Flake fish and combine with white sauce. Pour over asparagus.

*Makes 6 servings.*

### Chilled Sole Rolls

1 pound sole fillets	¼ cup dry white wine
1 teaspoon salt	¼ cup water
Few grains pepper	1 tablespoon lemon juice
½ medium cucumber	1 bay leaf
¼ teaspoon salt	¼ teaspoon salt
¼ cup chopped green onion	¼ cup dairy sour cream

Sprinkle fillets with 1 teaspoon salt and pepper. Peel cucumber, and cut into thin sticks. Have one stick for each fillet. Season cucumber with ¼ teaspoon of salt. Sprinkle each fillet with green onion. Place a cucumber stick at one end of each fillet and roll up jelly-roll fashion. Secure rolls with toothpicks. In a skillet combine wine, water, lemon juice, bay leaf and ¼ teaspoon of salt. Add sole rolls, cover and simmer 10 minutes or until fish is cooked. Remove rolls to a dish and pour liquid over top. Cover and chill. Serve topped with sour cream.

*Makes 4 servings.*

### Eel Matelote

2 pounds eel	½ cup diced celery
½ cup chopped onion	¼ cup raw rice
2 tablespoons fat	2 teaspoons salt
2 cups diced raw potatoes	¼ teaspoon pepper
1 cup diced raw carrots	

Have your fish dealer skin the eel, remove backbone and cut into pieces about 1½ inches thick. Soak eel for 10 minutes in 1 quart of very cold water to which 2 tablespoons of salt have been added. Drain. In saucepan cook onion in fat until tender. Combine eel, raw vegetables, rice, salt and pepper. Cover with boiling water. Simmer until vegetables are tender.

*Makes 6 servings.*



## Salads

Salads lend coolness, crispness and colour to a meal. Most fish salads are hearty enough to be served as the main course. As you will see, fish may be served appetizingly with both fruit and vegetables.

### Tuna Crunch Salad

1 can (6 or 7 ounces) tuna	2 tablespoons vinegar
1 tablespoon finely chopped onion	¼ cup salad dressing
¼ cup diced green pepper	2 cups potato chips
2 cups shredded cabbage	

Drain and flake tuna. Add onion, green pepper and cabbage, and toss lightly. Mix vinegar with salad dressing and combine with salad. Just before serving, add potato chips and toss lightly together.

*Makes 6 servings.*

### Tuna and Banana Salad

1 can (6 or 7 ounces) tuna	2 tablespoons chopped gherkins
1 large ripe banana	½ teaspoon salt
½ cup drained, diced pineapple	2 tablespoons mayonnaise OR
½ cup diced celery	French dressing

Drain and flake tuna. Slice banana and mix with pineapple. Add to tuna. Combine with celery and gherkins. Sprinkle with salt. Toss lightly with mayonnaise or French dressing.

*Makes 4 servings.*



### **Tangy Tuna Salad**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 cans (6 or 7 ounces each) tuna      | 2 tomatoes cut into wedges    |
| 1 cup diced celery                    | Mayonnaise OR French dressing |
| $\frac{1}{2}$ cup sliced dill pickles |                               |

Drain tuna and break into chunks. Toss with celery, dill pickles and tomato wedges. Serve with mayonnaise or French dressing.

*Makes 5 or 6 servings.*

### **Tuna and Potato Mould**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 cans (6 or 7 ounces each) tuna    | 1 medium green pepper, diced       |
| 2 envelopes unflavoured gelatin     | 2 tablespoons finely chopped onion |
| $\frac{1}{2}$ cup cold water        | 1 teaspoon salt                    |
| 1 cup boiling water                 | 2 or 3 tablespoons lemon juice     |
| 2 cups cold, diced, cooked potatoes | 1 cup mayonnaise                   |
| $\frac{1}{2}$ cup diced celery      |                                    |

Drain and flake tuna. Soften gelatin in cold water, add boiling water and stir until dissolved. Set aside to cool. Combine tuna, potatoes, celery, green pepper, onion and salt. Mix lemon juice and mayonnaise and combine with tuna mixture. Add cooled gelatin and mix well. Pour into loaf-pan (9" x 5" x 3") which has been rinsed in cold water, and chill until firm. Unmould and garnish.

*Makes 6 to 8 servings.*

## Tuna Cranberry Moulds

### *Bottom Layer:*

1 can (6 or 7 ounces) tuna  
½ cup diced celery  
½ teaspoon salt

¼ cup salad dressing  
1 teaspoon unflavoured gelatin  
½ cup cold water

### *Top Layer:*

1½ cups fresh cranberries  
½ cup sugar  
½ cup boiling water

2 teaspoons unflavoured gelatin  
½ cup cold water

*Bottom Layer:* Drain and flake tuna and combine with celery, salt and salad dressing. Soak gelatin in cold water and dissolve over hot water. Stir into tuna mixture and place in moulds which have been rinsed in cold water. Chill until firm. *Top Layer:* Cook cranberries with sugar and boiling water for 5 minutes after skins stop bursting. Soak gelatin in cold water and dissolve over hot water. Stir into cranberry sauce and allow to cool but not set. When tuna layer is firm, pour on cranberry layer and chill until firm.

*Makes 4 to 6 individual moulds or 1-quart mould.*



## Salmon Topped Salad

1 can (7¾ ounces) salmon  
1½ cups cooked peas  
1 cup diced cucumber

1 cup shredded lettuce  
Lettuce  
Mayonnaise OR salad dressing

Drain salmon and break into chunks. Combine peas, cucumber and shredded lettuce, and toss together. Place in lettuce-lined bowl. Mound salmon in centre. Serve with mayonnaise or salad dressing.

*Makes 4 servings.*



### Salmon Fruit Salad

1 can (15½ ounces) salmon	¼ cup blanched almonds,
1 tablespoon lemon juice	split and roasted
2 peeled oranges, cut in chunks	3 cups torn lettuce leaves
1 banana, sliced	Salt
1 medium unpeeled red apple, diced	¼ cup mayonnaise OR salad dressing

Drain and flake salmon. Sprinkle with lemon juice. Toss with oranges, banana, apple, almonds and lettuce. Add salt to taste. Serve with mayonnaise or salad dressing.

*Makes 6 servings.*

### Salmon Aspic

1 can (15½ ounces) salmon	1½ teaspoons salt
1 cup peeled sliced cucumber	3 cups boiling water
1 cup diced celery	2 tablespoons unflavoured gelatin
1 cup thinly sliced onion	½ cup cold water

Drain salmon, and break into chunks. Add cucumber, celery, onion and salt to boiling water. Simmer gently for 30 minutes. Strain vegetables from broth. (Broth will be clearer if strained through cheesecloth). Soak gelatin in cold water and dissolve over boiling water. Add to broth and allow to cool. Rinse a 1-quart mould in cold water and place salmon in it. Pour cooled gelatin mixture over it and chill until firm. Unmould and garnish with greens.

*Makes 6 to 8 servings.*

### Devilled Smoked Fish Salad

2 cups cooked, flaked smoked fish	½ cup diced cucumber
2 cups cold, diced, cooked potatoes	¼ cup chopped onion
½ cup diced celery	¼ cup mayonnaise
¼ cup grated raw carrot	1½ teaspoons prepared mustard

Combine fish, potatoes, celery, carrot, cucumber and onion in a bowl. Blend mayonnaise and mustard and add to salad. Toss gently until well mixed.

*Makes 6 servings.*

### Lobster Salad

2 cups or 2 cans (5 ounces each) lobster meat	1 cup diced celery
2 tablespoons lemon juice	¼ cup salad dressing

Cut lobster into bite-size chunks. Sprinkle with lemon juice and let stand for a few minutes. Combine lobster, celery and salad dressing, and toss lightly.

*Makes 4 to 6 servings.*

### **Lobster Pineapple Salad**

2 cups or 2 cans (5 ounces each) lobster	$\frac{2}{3}$ cup celery, diced
2 ripe pineapples	$\frac{1}{2}$ cup sliced nut meats (unsalted)
	$\frac{1}{3}$ cup salad dressing

Cut lobster into bite-size pieces. Cut pineapples in halves lengthwise and remove fruit from each half, reserving shell for serving. Cut pineapple into chunks. Combine ingredients with dressing. Fill pineapple halves with mixture. Serve with additional dressing.

*Makes 8 servings.*

### **Lobster and Rice Salad**

1 can (5 ounces) lobster	$\frac{1}{4}$ cup finely diced green pepper
2 cups cooked rice	$\frac{1}{2}$ teaspoon salt
1 tablespoon lemon juice	$\frac{1}{2}$ cup mayonnaise
1 cup finely diced celery	

Cut lobster into bite-size pieces. Combine all ingredients and chill. This salad may be moulded in custard cups and turned out on lettuce.

*Makes 6 servings.*

### **Mock Lobster Salad**

1 cup or 1 can (5 ounces) lobster meat	$\frac{1}{2}$ teaspoon salt
1 cup or $\frac{1}{2}$ pound cooked halibut	1 cup celery, diced
1 tablespoon vinegar	$\frac{1}{2}$ cup green pepper, diced
	$\frac{1}{3}$ cup salad dressing

Cut lobster and halibut into bite-size chunks. Season with vinegar and salt. Refrigerate overnight in tightly covered container. Add celery, green pepper and salad dressing, and combine gently. Best results are obtained if halibut is warm when combined with lobster.

*Makes 4 servings.*

### **Shrimp and Grapefruit Salad**

2 cans (5 ounces each) shrimp	2 tablespoons French dressing
1 large grapefruit, sectioned or 1 cup grapefruit sections	OR mayonnaise

Combine all ingredients and serve chilled.

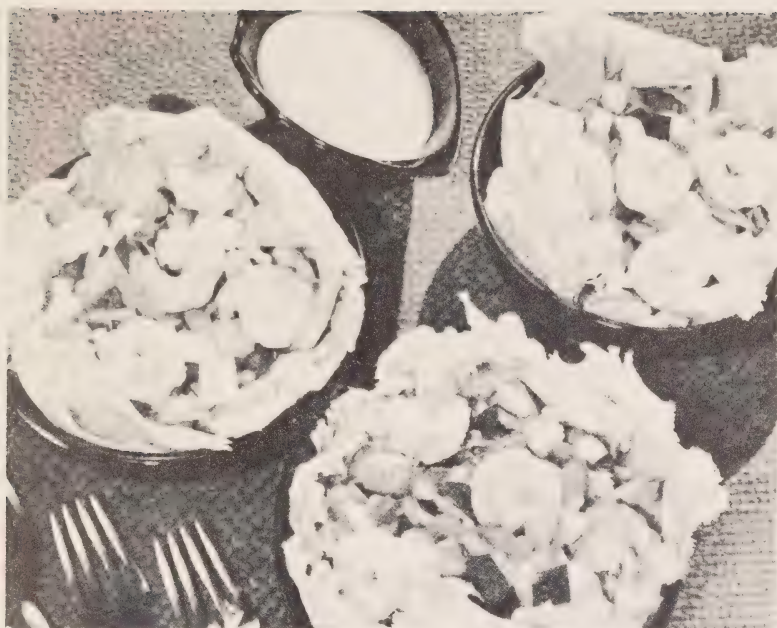
*Makes 4 servings.*

### **Brazil-Nut Crab Salad**

1 pound frozen crab meat	$\frac{1}{2}$ cup mayonnaise
1 cup sliced celery	3 tablespoons chili sauce
1 cup (4 ounces) sliced Brazil nuts	2 tablespoons lemon juice
	$\frac{3}{4}$ teaspoon salt

Thaw crab meat, remove cartilage and drain. Break into chunks. Combine crab meat with celery and nuts. Mix mayonnaise, chili sauce, lemon juice and salt. Pour over crab mixture. Toss and chill. Serve on lettuce or other greens.

*Makes 4 to 6 servings.*



### Curried Shrimp Salad

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 2 cans (5 ounces each) shrimp        | $\frac{1}{4}$ cup salad dressing    |
| $\frac{1}{2}$ cup diced red apple    | $\frac{1}{2}$ teaspoon curry powder |
| $\frac{1}{2}$ cup celery leaves      | $\frac{1}{2}$ teaspoon salt         |
| $\frac{1}{4}$ cup diced green pepper |                                     |

Devein and rinse shrimps. Toss with apple, celery leaves and green pepper. To the salad dressing add curry powder and salt. Combine with salad ingredients.

*Makes 6 servings.*

### Rainbow Salad Bowl

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 pound or 2 cups cooked halibut  | 1 cup sliced celery             |
| $\frac{1}{2}$ pound smoked salmon | 1 cup quartered cucumber slices |
| 1 cup garlic croutons             | French dressing                 |
| 2 cups shredded lettuce           |                                 |

Break halibut into chunks and cut smoked salmon into thin strips. To make croutons: spread two slices of bread on both sides with garlic-flavoured butter made by combining one crushed garlic clove with  $\frac{1}{4}$  cup of softened butter. Remove crusts from buttered bread and slice bread into small cubes. Toast cubes in moderate oven (350°F.) until browned (10 to 15 minutes). Place shredded lettuce in bottom of salad bowl. On the lettuce arrange halibut, salmon, croutons, celery and cucumber slices in rows. At serving time, toss lightly together with French dressing.

*Makes 6 servings.*

### Halibut Orange Salad

1 pound or 2 cups cooked chunked halibut	2 peeled oranges, cut in chunks
2 cups torn spinach leaves	$\frac{1}{2}$ cucumber, sliced
2 cups shredded cabbage	1 tomato, cut into wedges
$\frac{1}{2}$ cup thinly sliced celery	$\frac{1}{4}$ cup French dressing
$\frac{1}{2}$ small onion, thinly sliced	2 tablespoons sherry (optional)

Toss together halibut, spinach, cabbage, celery, onion and oranges. Cut cucumber slices in half and add to salad with tomato. Mix French dressing and sherry, and add to salad just before serving. If omitting sherry add an additional 2 tablespoons of dressing. Toss ingredients lightly to coat salad mixture with dressing.

*Makes 6 to 8 servings.*

### Curried Halibut Salad

1 pound or 2 cups cooked halibut	1 medium unpeeled red apple, diced
$\frac{1}{2}$ cup celery leaves	1 tablespoon lemon juice
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup diced green pepper	$\frac{1}{2}$ teaspoon curry powder
$\frac{1}{2}$ cup diced cucumber	$\frac{1}{4}$ cup salad dressing

Flake or chunk halibut. Add celery leaves, diced celery, green pepper and cucumber to halibut. Sprinkle apple with lemon juice. Add to fish and vegetables. Mix salt and curry powder with salad dressing. Toss lightly with salad.

*Makes 6 servings.*

### Halibut Summer Platter

1 halibut steak (about $1\frac{1}{2}$ pounds)	2 cups green peas
French dressing	2 cups green beans
12 potato balls, 1 inch in diameter	2 tomatoes, cut into wedges
	Lettuce cups

Cook halibut. See "How to Oven Steam", page 22 or "How to Cook in Water", page 31. When halibut is cooked, spread lightly with French dressing and chill. Cook potato balls, peas and beans separately. While still hot, mix each with a little French dressing and chill. Place halibut steak on a platter and surround with lettuce cups filled with vegetables. Garnish with tomato wedges.

*Makes 4 servings.*

### Sardine Potato Salad

2 cans ( $3\frac{1}{4}$ ounces each) sardines	1 hard-cooked egg, sliced
4 cups cold, diced, cooked potatoes	$\frac{1}{2}$ cup dairy sour cream
1 cup diced celery	1 teaspoon prepared mustard
$\frac{1}{4}$ cup radish slices	$1\frac{1}{2}$ teaspoons salt
1 tablespoon chopped onion	$\frac{1}{8}$ teaspoon pepper
2 hard-cooked eggs, diced	



Drain sardines and break contents of 1 can into bite-size pieces. Combine with potatoes, celery, radish slices, onion and diced hard-cooked eggs. Save 1 can of sardines and sliced hard-cooked egg for garnish. Combine sour cream, mustard, salt and pepper, and mix with salad. Garnish with sardines and sliced egg.

*Makes 6 servings.*

### Smoked Sardine and Apple Salad

2 cans (3¼ ounces each)  
smoked sardines  
1 tablespoon lemon juice

1 medium unpeeled red apple,  
diced  
½ cup celery, diced  
¼ cup salad dressing

Drain sardines and break into bite-size pieces. Sprinkle lemon juice on apple. Combine sardines, apple and celery, and lightly toss with salad dressing.

*Makes 4 servings.*

### Moulded Party Salad

1 can (14 ounces) chicken haddie  
1 tablespoon unflavoured gelatin  
¼ cup cold water  
1 tablespoon lemon juice  
½ cup unpeeled red apple, diced

1 cup diced canned pineapple  
1 cup diced celery  
¼ cup chopped olives  
1 teaspoon salt  
1 cup mayonnaise

Flake fish. Soak gelatin in cold water and dissolve over boiling water. Sprinkle lemon juice over apple. To fish add apple, pineapple, celery, olives and salt. Mix well. Stir melted gelatin into mayonnaise and combine with fish mixture. Pack well into 1-quart mould that has been rinsed in cold water or oiled. Cover with wax paper and chill. To serve, unmould on platter and garnish with salad greens.

*Makes 10 servings.*



## ***Sandwiches and Snacks***

For quick lunches and informal meals, today's meal planners and hostesses rely on satisfying sandwiches and pick-up snacks. Seafood fillings provide adequate mealtime nourishment and appeal to the appetite. Here are a few good, practical sandwich recipes with a new twist.

### **Lobster Sandwich Spread**

1 can (5 ounces) lobster	$\frac{1}{4}$ cup mayonnaise
$\frac{1}{4}$ cup slivered almonds	1 tablespoon lemon juice
$\frac{1}{2}$ cup diced celery	Salt to taste

Combine all ingredients and use as a sandwich filling.

*Makes 1 cup.*

### **Tuna Apple Sandwich Spread**

1 can (6 or 7 ounces) tuna	1 tablespoon lemon juice
2 cups finely diced, unpeeled apple	$\frac{1}{3}$ cup mayonnaise

Drain and flake tuna. Sprinkle apple with lemon juice. Combine tuna, apple and mayonnaise and mix lightly.

*Makes 2 cups of filling, enough for 8 sandwiches.*

### **Toasted Sardine Sandwich**

4 cans (3 $\frac{1}{4}$ ounces each) sardines	6 slices bread
in mustard sauce	6 slices processed cheese
$\frac{1}{4}$ cup butter	Paprika

Drain sardines and save 2 teaspoons mustard sauce. Mix sauce with softened butter and spread on bread. Arrange sardines on bread and top with sliced cheese. Sprinkle with paprika. Place on baking sheet. Toast in hot oven (450°F.) for 8 to 10 minutes or until cheese begins to melt.

*Makes 6 servings.*

### **Ocean Perch Club Sandwiches**

1 pound frozen ocean perch fillets	18 slices buttered toast
$\frac{1}{2}$ cup sandwich spread	4 hard-cooked eggs, chopped
Salt and pepper	6 lettuce leaves

Cook, skin and flake fish. Combine fish,  $\frac{1}{4}$  cup of sandwich spread, salt and pepper to taste. Spread 6 slices of toast with fish mixture and top with 6 slices of toast. Combine egg,  $\frac{1}{4}$  cup of sandwich spread, salt and pepper to taste and spread over fish sandwiches. Top with lettuce leaves and remaining slices of toast, and fasten layers together with toothpicks. Cut into quarters.

*Makes 6 sandwiches.*



### **Tuna or Salmon Sandwich Filling**

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 can (7¾ ounces) salmon OR | 2 tablespoons finely chopped onion |
| 1 can (6 or 7 ounces) tuna  | Salt to taste                      |
| 1 hard-cooked egg, chopped  | ¼ teaspoon paprika                 |
| ½ cup finely chopped celery | ⅓ to ½ cup mayonnaise              |

Drain and flake fish. Combine all ingredients adding mayonnaise for desired consistency.

*Makes 1¾ cups filling, enough for 6 sandwiches.*

### **Flaked Fish and Olive Sandwich Filling**

- |                           |                            |
|---------------------------|----------------------------|
| 1 cup cooked fish, flaked | ¼ cup chopped green olives |
| 1 tablespoon lemon juice  | ¼ cup mayonnaise           |

Combine all ingredients and blend well. May be used for plain or toasted sandwiches.

*Makes 1¼ cups of filling or 4 sandwiches.*

### **Whitefish Anchovy Sandwich**

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1 cup cooked whitefish, flaked        | 1 tablespoon chopped onion |
| 1 can (2 ounces) anchovies,<br>mashed | 2 tablespoons mayonnaise   |

Combine all ingredients and blend well. May be used for plain or toasted sandwiches.

*Makes 1 cup filling or 3 sandwiches.*

### Grilled Halibut Sandwich

2 cups cooked halibut	2 teaspoons lemon juice
$\frac{1}{2}$ cup mayonnaise	3 tablespoons finely chopped onion
$\frac{1}{2}$ teaspoon salt	12 slices bread
$\frac{1}{2}$ teaspoon Worcestershire sauce	Softened butter

Flake fish. Combine mayonnaise, salt, Worcestershire sauce, lemon juice and onion. Add flaked fish to mayonnaise mixture and mix well. Spread filling on six slices of bread and top with remaining slices. Trim off crusts if desired. Spread outside of sandwich lightly with butter. Brown both sides of sandwiches in hot frying pan.

*Makes 6 sandwiches.*

### Salmon French Toast Sandwiches

1 can (7 $\frac{3}{4}$ ounces) salmon	$\frac{1}{8}$ teaspoon pepper
3 tablespoons mayonnaise	8 slices buttered bread
1 tablespoon chopped parsley	1 egg, well beaten
2 tablespoons finely chopped onion	$\frac{1}{2}$ cup liquid (salmon liquid plus milk to make volume)
$\frac{1}{2}$ teaspoon salt	

Drain salmon and save juice. Flake salmon and crush bones. Mix with mayonnaise, parsley, onion and seasonings. Spread on four slices of bread and top with other slices. Combine beaten egg, salmon liquid and milk in shallow dish. Dip sandwiches into this mixture and brown on both sides in greased hot frying pan.

*Makes 4 sandwiches.*

### Lobster Fantans

1 can (5 ounces) lobster, drained	3 tablespoons salad dressing
1 cup grated processed cheese	1 teaspoon lemon juice
$\frac{1}{4}$ cup diced green pepper	4 or 5 frankfurter rolls
1 tablespoon finely chopped onion	Softened butter

Cut lobster into bite-size chunks and combine with cheese, green pepper and onion. Blend salad dressing and lemon juice and mix with lobster. Cut rolls in 4 diagonal slices not quite through to bottom crust. Butter cut sides and fill with lobster mixture. Wrap individually in aluminum foil and bake in hot oven (450°F.) for 10 minutes.

*Makes 4 or 5 servings.*

Tuna may be substituted for lobster.

### Fish Stick Sandwich

1 package (8 ounces) fish sticks	Tartar sauce
4 frankfurter rolls	

Cook fish sticks in hot oven (450°F.) for 10 minutes. Warm rolls. Place two fish sticks in each roll and season with tartar sauce.

*Makes 4 servings.*



### **T.V. Special**

1 can (6 or 7 ounces) tuna	2 tablespoons chopped onion
1 cup grated Cheddar cheese	2 tablespoons prepared mustard
2 tablespoons chopped sweet pickle	6 buttered frankfurter rolls

Drain and flake tuna. Combine with cheese, pickle, onion and mustard. Open rolls lengthwise and spread with fish mixture. Tightly wrap each roll in aluminum foil and heat in hot oven (450°F.) for 10 minutes.

*Makes 6 servings.*

### **Pizza Sardinella**

2 cans (3¼ ounces each) sardines in oil	¼ cup milk
1 cup tea biscuit mix	1 cup grated Cheddar cheese
	1 can (8 ounces) tomato sauce

Drain sardines and save oil. Combine biscuit mix with milk. Turn out on lightly-floured board and knead for about 30 seconds. Roll out into 11-inch circle and fit into greased 9-inch pie pan. Flute edges of dough and lightly brush all over with oil from sardines. Arrange half the sardines on dough and sprinkle with half of grated cheese. Pour tomato sauce over sardines and cheese, then sprinkle with remainder of cheese. Arrange rest of sardines spoke fashion on top of cheese. Bake in moderately hot oven (400°F.) for 20 minutes.

*Makes 6 servings.*

## **How to Freeze Fish**

### **Prepare**

- Freeze only fresh fish of good quality. If it is necessary to keep fish for more than three hours before freezing, it should be cleaned and packed in ice or stored in the refrigerator.
- Prepare fish as for table use. Cut large fish into steaks or fillets. Small fish should be gutted or dressed.
- If desired, lean fish may be rinsed in cold brine (1 cup coarse salt to 1 gallon boiling water, chilled). Do not use brine for fat fish. The use of salt shortens the storage life of frozen fat fish.

### **Pack**

- Wrap individual pieces or pack sufficient for a family meal in moisture-vapour-proof material (heavy aluminum foil, vapour-proof cellophane, pliofilm, polyethylene or a laminated wrapping) or in freezer cartons.
- To separate pieces in a package, place double pieces of aluminum foil or cellophane between fillets.

- Pack small pieces of fish in freezer cartons. Pieces may be packed dry or in chilled brine (1 tablespoon coarse salt to 4 cups water). Do not use brine for fat fish.
- Label containers plainly with contents, date of packing and number of servings.

### ***Freeze***

- Freeze quickly at low temperature ( $-15^{\circ}\text{F}$ . or below) to maintain quality of fish. It is recommended that fish be stored at  $-15^{\circ}\text{F}$ . with as little temperature fluctuation as possible. Do not thaw fish before cooking except for frying and stuffing. In such cases thaw at refrigerator temperatures only enough for ease in handling. Never refreeze fish that has been thawed.
- Oily fish should not be kept frozen for more than two months. Lean fish should not be kept frozen for more than three months.



## ***How to Can Fish***

### ***Prepare***

- Can only fresh fish of good quality. If it is necessary to keep fish for more than three hours before canning, it should be cleaned and packed in ice or stored in the refrigerator.
- Use a pressure canner for processing and follow manufacturer's directions when operating the pressure canner. Do not use a boiling water bath for processing.
- Use 20-ounce tin cans or small (pint) glass sealers. If you use tin cans, it is advisable to use enameled cans. Check with the manufacturer of cans for the proper type of enamel. Wash cans thoroughly in hot, soapy water and rinse in boiling water.
- If you use glass sealers, wide-mouthed sealers are better than those with narrow tops, as the tender cooked fish is less likely to break when being removed for serving. Wash sealers thoroughly in hot soapy water and rinse in hot water.
- Prepare fish by removing head, tail, fins and viscera. The backbone of Pacific salmon and shad need not be removed as the bone will soften during processing and its mineral content is useful.

## Pack

- Cut fish into lengths to fit containers and pack firmly, being careful not to break or crush the pieces. Fishery products packed raw should be filled into containers flush with the rim.
- If metal cans are used, care should be taken that they are filled only to a level slightly below the flare used in sealing. Over-filling of cans will result in poor vacuum and possibly bulged cans, which are difficult to distinguish from cans which have swelled from imperfect sterilization and which would be dangerous to use.
- Others that have been precooked may be packed leaving  $\frac{1}{4}$ -inch headspace. Precooking removes excess moisture and is used for cod and haddock. Steam 25 minutes for precook. Add  $\frac{1}{2}$  teaspoon of salt to each container.

## Process

- If glass sealers are used, partially seal screw-top and spring-top sealers. Completely seal vacuum-type sealers. Place sealers on rack in canner and process for the recommended time and pressure as indicated in the chart. Remove from canner, complete the seal on screw-top and spring-top sealers. Cool in upright position.
- If tin cans are used, put lids in place and complete the first part of the sealing operation. Set cans on rack in pressure canner and add boiling water to depth of 1 inch. Put cover in place, but do not close petcock. Steam 15 minutes. Remove from canner and complete the seal. Then process cans for the recommended time and pressure as indicated in the chart. Remove from canner and cool rapidly in cold water.

Fish	Container	Processing Time	Temperature	Pressure
Salmon Shad	Glass Jars (pint) or 20 oz. cans	110 minutes	240°F.	10 lb.
Cod Haddock Lake Trout Whitefish	Glass Jars (pint) or 20 oz. cans	90 minutes	240°F.	10 lb.
Herring in Brine (brine $1\frac{1}{2}$ table- spoons salt to 1 quart water)	Glass Jars (pint) or 20 oz. cans	60 minutes	250°F.	15 lb.

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